HOME TOWN RECIPES

OF

Grand Mound Fire Department & Friends

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14
FIRE DEPT.

GRAND MOUND FIRE DEPARTMENT

CENTRALIA, WASHINGTON

ACKNOWLEDGMENT

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HOME FIRE
SAFETY CHECKLIST

Matches and careless smoking hazards:

Do you keep matches away from sources of heat such as stoves or heaters?

Do you make sure matches and smoking materials are out before disposing of them?

Do you have plenty of large, non-combustible ash trays in every room?

Is "No Smoking in Bed" a rule in your home?

Electrical Hazards:

Do you allow only qualified electricians to install or extend your wiring?

Are there enough electrical outlets in every room to avoid the need for multiple attachment plugs and long extensions cords?

Do you have special circuits for heavy-duty appliances such as stoves?

Do you use only 15 amp. fuses for your household lighting circuits?

Are all extension cords in the open - - not run under rugs, over hooks or through partitions or door openings?

Do you check all small appliances before leaving the house for a trip to be sure all are either off or unplugged?

Yard and garage hazards:

Do you keep your yard cleared of leaves, debris and combustible rubbish?

If any of the surrounding property is vacant, have weeds, dry leaves and rubbish been cleared off?

Yard and garage hazards: (Continued)

If you keep gasoline for use in a power mower or outboard motor, is it stored in a strong, metal safety-type can with self-closing caps in the opening?

If your garage is attached to the house, is it separated by a tight fitting door which is kept closed?

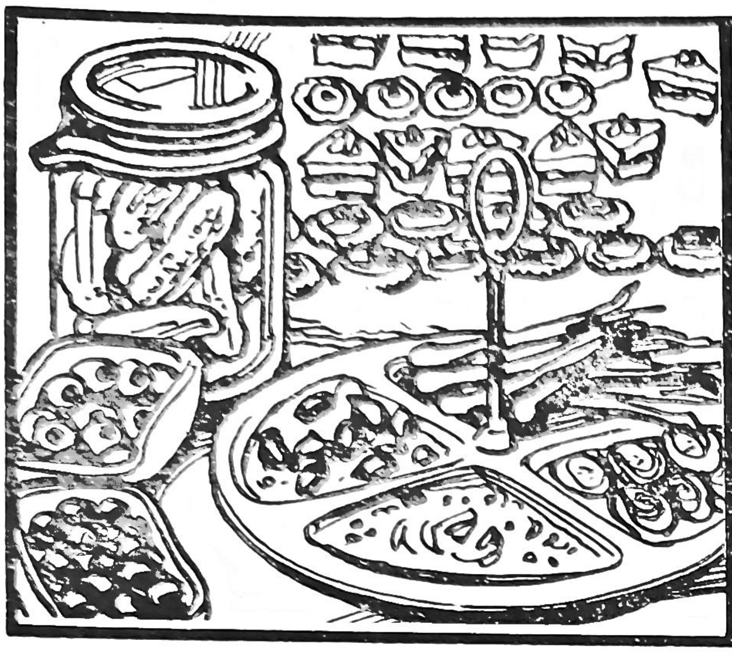
Housekeeping Hazards:

Do you keep your basement, closets, and attic cleared of old rags, papers, mattresses, broken furniture and other combustible odds and ends?

After using oily polishing rags or waste, do you destroy them or place them in covered metal cans?

If you store paint, varnish, etc. . do you keep the containers tightly closed?

If you have a woodstove do you clean the chimney regularly?



Hors d'œuvres, Pickles and Relishes

PARTY PUNCH

Mrs. Elmer Moore

4 c. sugar
4 c. boiling water
1 c. lemon juice
8 c. pineapple juice
4 qt. 7-Up

Combine sugar and water, just bring to a boil till sugar is dissolved. Let stand overnight. Next day, combine all other ingredients and serve chilled.

SALMON APPETIZER

Ann C. Wilson

2 lb. salmon steak
3 qt. water
1/2 tsp. salt
8 peppercorns
1/2 c. vinegar
1 medium onion, sliced
4 Tbsp. olive oil
2 Tbsp. wine vinegar
1 tsp. chopped parsley
1 Tbsp. capers
3 tiny sour pickles, sliced

Boil fish in water with salt, peppercorns, vinegar and onions for 20 minutes or until tender. Remove from heat and drain. Mix together oil, wine, vinegar, parsley, capers and pickles and pour over boiled fish. Serves 4.

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GREEN CHILI APPETIZER

Genevieve Hughey Brinkmonn

2 cans chopped chilies (mild)
1 lb. shredded cheddar cheese
1 lb. shredded Monterey Jack cheese
4 or 5 slightly beaten eggs, mixed with a dab of milk
Black pepper

Mix drained chilies with cheese and pepper in buttered 9x13" pan. Bake 1 hour at 250 degrees. Cool 15 minutes. Cut in small squares and serve.

PICKLED HERRING

John I. Carlson

Brined herring (about 2 lb.)
1 c. white vinegar
1 whole onion, white-min.
12 whole allspice
4 Tbsp. water
1 bay leaf (optional)

Soak in fresh water 8 - 12 hours. Rinse frequently. Bone and filet. Cut into chunks approximately 1/2". Slice onion and separate into rings. Combine all ingredients and marinate 24 hours.

BREAD DIP

Caroline Szydtowski

2 c. cream cheese
2 c. sour cream
2 c. mayonnaise
3 pkg. meat, ham or beef (Buddig)
2 Tbsp. Beau Monde seasoning
Parsley flakes
1 loaf Flintstone bread

Cut off top of bread and hollow out inside. Mix all other ingredients together and put inside hollowed out bread. Dip hunks of bread into dip and eat.

BEAN & CHEESE DIP

Caroline Szydtowski

1st Layer:
1 large can refried beans
1 pkg. taco seasoning
1/2 jar salsa
2nd Layer:
1 c. sour cream
3 Tbsp. lemon juice
3rd Layer:
1 small can chopped green chilies
1 small can chopped olives
4th Layer:
2 c. shredded cheddar cheese (can use 1/2 Monterey Jack cheese)

Mix each layer and spread in a 9x13" pan. Bake at 350 degrees for 20 - 25 minutes.

Opal Kruegar

MEXICAN CHEESE BALL

1 lb. sharp cheddar cheese
1/4 c. butter
1/2 c. mayonnaise
4 oz. can green chilies
1 - 2 oz. jar pimiento (drained)

Grate cheese, slowly beat cheese with butter and mayonnaise until smooth and fluffy. Rinse seeds from chilies and dice. Dice pimiento. Add chilies and pimiento to cheese mixture and beat well. Line a qt. bowl with plastic wrap. Spoon in mixture and chill until firm.

ZUCCHINI PINEAPPLE

Marian Metzker

1 gal. zucchini
1 - 46 oz. unsweetened pineapple juice
3 c. sugar
2 Tbsp. pineapple extract
1/4 c. lemon juice

Peel and seed zucchini. Grind zucchini coarsely. Let stand overnight. Combine ingredients in saucepan. Add zucchini and mix. Simmer 20 minutes. Put in pint jars and hot water bath for 5 minutes. Makes 12 pints.

KAHLUA

Patti La Pine

3 c. sugar
4 c. water
2 oz. instant ocffee
3 Tbsp. pure vanilla
2 c. vodka

Bring to boil sugar, water and instant coffee. Boil for 5 minutes. Let cool, add vodka and vanilla. Let set for 30 days.

IRISH CREAM

Patti La Pine

3 eggs
2 Tbsp. instant coffee
2 tsp. vanilla

Blend eggs, coffee and vanilla on high. add:

1 c. whipping cream or half & half
1 can Eagle Brand milk
3 Tbsp. chocolate syrup
1 c. water
1 c. whiskey

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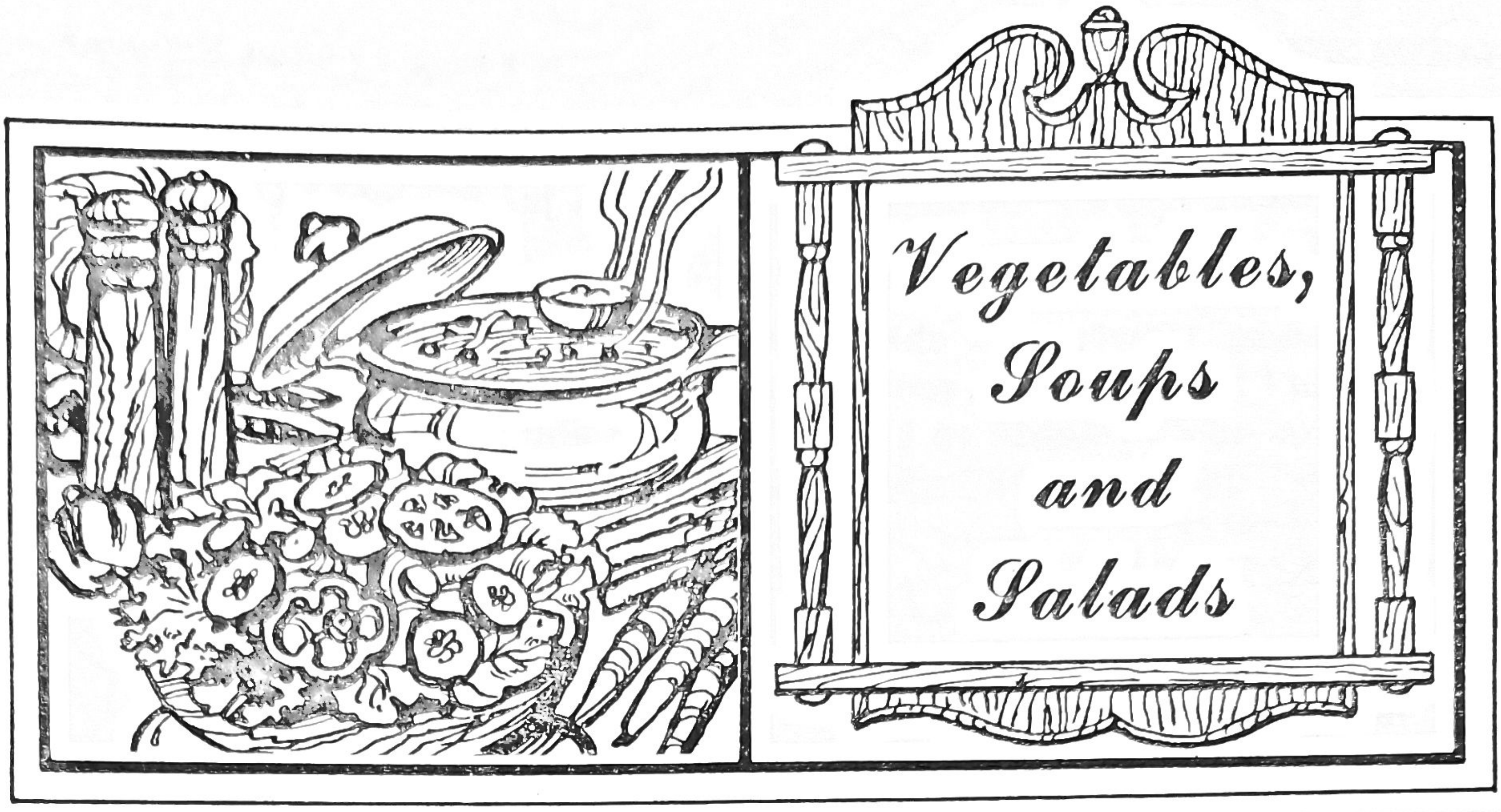

Vegetables, Soups and Salads

IRISH MINT PEAS

Leslie Dickerson

1 (10 oz.) pkg. frozen peas
1 tsp. dried mint
1 tsp. sugar
Boiling salted water
1 Tbsp. butter
Salt & pepper to taste

Cook peas thoroughly in boiling salted water and cover 5 - 7 minutes. Drain. Stir in butter, salt and pepper. Serve.

BAKED BEANS, ITALIAN STYLE

Coealie Carlson

1 qt. (4 c.) cooked or canned small white beans, or Lima beans
1 large onion, chopped (1 c.)
1 c. chopped celery
2 cloves garlic (or 1/2 tsp. garlic powder)
1/2 c. olive or vegetable oil
2 Tbsp. chopped parsley
8 oz. can whole tomatoes (or 1 c. tomato juice)
1/4 c. tomato paste
1 - 2 tsp. salt
1/2 tsp. thyme
1/4 tsp. basil
2 Tbsp. Parmesan cheese

Saute onion, celery and garlic in oil. Add parsley, tomatoes, liquid, tomato paste, salt, thyme and basil. Cook 5 minutes over low heat. Add beans. Mix thoroughly. Place in 2 1/2 qt. pan. Sprinkle with Parmesan cheese. Bake at 350 degrees for 30 minutes. We also like this over toast. For toast, we add 2 Tbsp. cornstarch and all the bean water and a little tomato juice to make it more "sloppy". Also, 6 oz. Tuno (or tuna) may be added when cooking.

SWEET & SOUR CARROTS

Mrs. Elmer Moore

6 c. carrots
1 c. tomato soup
1 small onion (chopped)
1 green pepper (chopped)
3/4 c. vinegar
1/2 c. celery (chopped)
1/4 tsp. dry mustard
1/2 c. sugar
1/2 c. salad oil

Slice carrots and cook until tender, but not mushy. While still hot. Add soup, onion, green pepper, celery, mustard, sugar, salad oil and vinegar. Let stand in refrigerator for 12 hours. Serve.

DILLED CARROTS

Marian Arnold

6 medium carrots (1 lb.)
1 c. vinegar
3/4 c. sugar
1 tsp. mustard seed
1 head fresh dill or 1/2 tsp. dill seed

Peel carrots and cut into 3" length. Cook in boiling water 10 minutes. Drain. In saucepan, combine vinegar and 1 c. water, sugar, mustard seed and dill. Simmer 10 minutes. Add carrots and simmer 1 minute more. Cool. Refrigerate 8 hours or overnight. Drain well before serving. Makes about 3 cups.

SOUPER SCALLOPED POTATOES

Jason McLaughlin

1 can cream of mushroom soup
3/4 c. milk
Dash of pepper
4 c. thinly sliced potatoes
Butter

Mix together first 3 ingredients and pour over potato slices in a 1 1/2 qt. casseroler. Dot with butter. Bake, covered for 1 hour in a 350 degree oven. Uncover and bake for 15 more minutes. Option: sliced onion may be added, sliced wieners may be added. Makes 4 - 6 servings.

PRAIRIE POTATO WEDGES

Mary Cameron

3 medium baking potatoes
3/4 c. seasoned stuffing mix, crushed
1/2 - 1 tsp. dried herbs, crushed (Italian, rosemary or Fines herbs)
1/2 tsp. salt
1/8 tsp. pepper
1/2 c. margarine, melted

Continued. . . . .

PRAIRIE POTATO WEDGES (Continued)

Preheat oven to 425 degrees. Lightly grease a 15 1/2x10 1/2x1" jelly roll pan. Cut each potato lengthwise into 8 equal wedges, set aside. In a shallow dish, mix stuffing mix, herbs, salt and pepper. Dip each potato wedge into melted butter or margarine, then coat with crumb mixture. Place wedges on jelly roll pan. Pour remaining butter around wedges. Bake for 30 - 40 minutes or until tender. Serve hot.

SHEEP HERDER'S POTATOES

George Thompson

Bacon or sausage
Onions
6 eggs

Parboil potatoes and cool. Slice potatoes and onions. Scramble eggs. Cook bacon or sausage chunks. Add potatoes, onions and eggs. Season to taste. Fry all stirring occasionally until done.

TEXAS POTATOES

Louise Hughey

2 lb. hash brown potatoes
1 c. grated cheddar cheese
12 oz. sour cream
1 stick margarine or butter
1 can cream of chicken soup
1/2 c. chopped onion
Salt & pepper to taste
1 1/2 c. crushed corn flakes
1 stick margarine or butter

Mix first 7 ingredients together. Place into a 9x13" pan. Mix corn flakes and margarine/butter together and sprinkle over potato mixture. Bake at 350 degrees for 1 hour.

CHICKEN SOUP CHINESE STYLE

Leslie Dickerson

4 or 5 spring onions
5 c. strong chicken stock
6 small mushrooms, sliced
2 c. shredded white chicken meat
2 beaten eggs
Salt & pepper
2 - 3 tsp. soy sauce

Finely slice white part of onion; reserve green for garnish. Heat stock till boiling. Add mushrooms and onions. Beat eggs with salt and pepper fill frothy. Stir soup well. Pour eggs steadily into soup, stirring constantly so that it remains in shreds. Add soy sauce to taste. Serve with green of onions for garnish.

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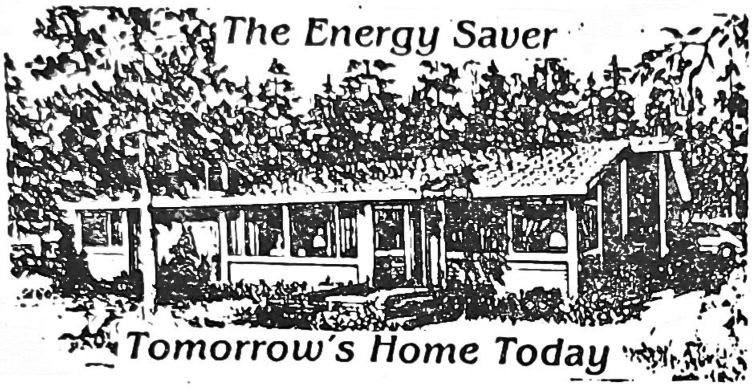

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CEASAR'S SALAD

Jim Hughey, Asst. Chief

2 heads Romaine lettuce
1/2 c. chopped mushrooms
1/2 c. chopped onion
1/2 c. chopped parsley
1/4 c. bacon bits
1/2 c. Parmesan cheese
Dressing:
6 Tbsp. vegetable oil
1 Tbsp. olive oil
2 Tbsp. vinegar
1 Tbsp. lemon juice
1/4 tsp. each: dry mustard, salt & pepper
1 tsp. tarragon, crushed
1 tsp. garlic powder
Dash of Tabasco & Worcestershire sauces
1 egg

Mix together all ingredients for dressing and pour over all other ingredients; mix well. Serve at once.

TAFFY APPLE SALAD

Frances Moore

1 large can chunk pineapple, drained, save juice
2 c. mini marshmallows
1 Tbsp. flour
1/2 c. sugar
2 Tbsp. vinegar
1 beaten egg yolk
10 oz. carton Cool Whip
2 c. or more unpeeled diced apples
1 1/2 c. chopped peanuts (I add more water)

Mix pineapple and marshmallows. Set aside. Cook juice, flour, sugar, vinegar, and egg yolk until thick. Cool, pour over marshmallows and pineapple. Refrigerate overnight. Add Cool Whip, apples and nuts. Serve.

HOT CHICKEN SALAD

Genevieve Hughey Brinkmann

4 c. diced cooked chicken
2 c. chopped celery
4 Tbsp. chopped onion
1 can chopped water chestnuts
Blend:
1 c. salad dressing
1/2 tsp. salt
Pepper
4 Tbsp. vinegar

Mix all ingredients. Put in 9x13" buttered pan. Over top, add 1 c. grated American cheese, 4 hard cooked eggs, chopped. Over top, add 2 c. broken potato chips. Bake 20 minutes at 450 degrees. Serve at once. Can be made the night before, refrigerated and baked the next day.

COLE SLAW

Virgie Glover

1 head cabbage, grated
2 stalks celery, finely chopped
2 green peppers, finely chopped
2 carrots, grated
1 large onion, finely chopped
2 c. sugar
2 c. vinegar
1 c. water
1 tsp. celery seed
1 tsp. mustard seed
1 tsp. salt

Grate and chop all the vegetables. Boil sugar, vinegar, water, celery seed, mustard seed and salt until sugar is dissovled. Cool. Pour over vegetable mixture and serve.

CABBAGE SALAD

Patti La Pine

1 head head cabbage, shredded
1 tsp. salt
3 stalks celery
1/2 green pepper
1 small onion
1 grated carrot

Shred cabbage and put on salt. Let stand 1 hour, then drain.

Dressing: Boil for 1 minute:
1/2 c. water
1 c. white vinegar
2 c. sugar
1 tsp. celery seed
1 tsp. mustard seed

Cool and pour over cabbage mixture. Will keep in refrigerate up to 6 weeks. Also can be frozen.

CARROT SALAD

Virgie Glover

1 pt. shredded carrots
1 small can crushed pineapple
1 pkg. coconut (6 oz.)
1 box Dream Whip (whipped)
1/2 c. mayonnaise
1/2 pkg. small marshmallows
Dash of salt
Sugar to taste

Blend all ingredients together.

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AMBROSIA SALAD

Jason McLaughlin

2 c. small marshmallows
2 c. drained crushed pineapple
2 c. coconut (packed)
1 c. walnuts, chopped
1 pt. sour cream
2 small cans drained mandarin oranges

Mix all ingredients together and chill.

SUPER APRICOT SALAD

Louise Hughey

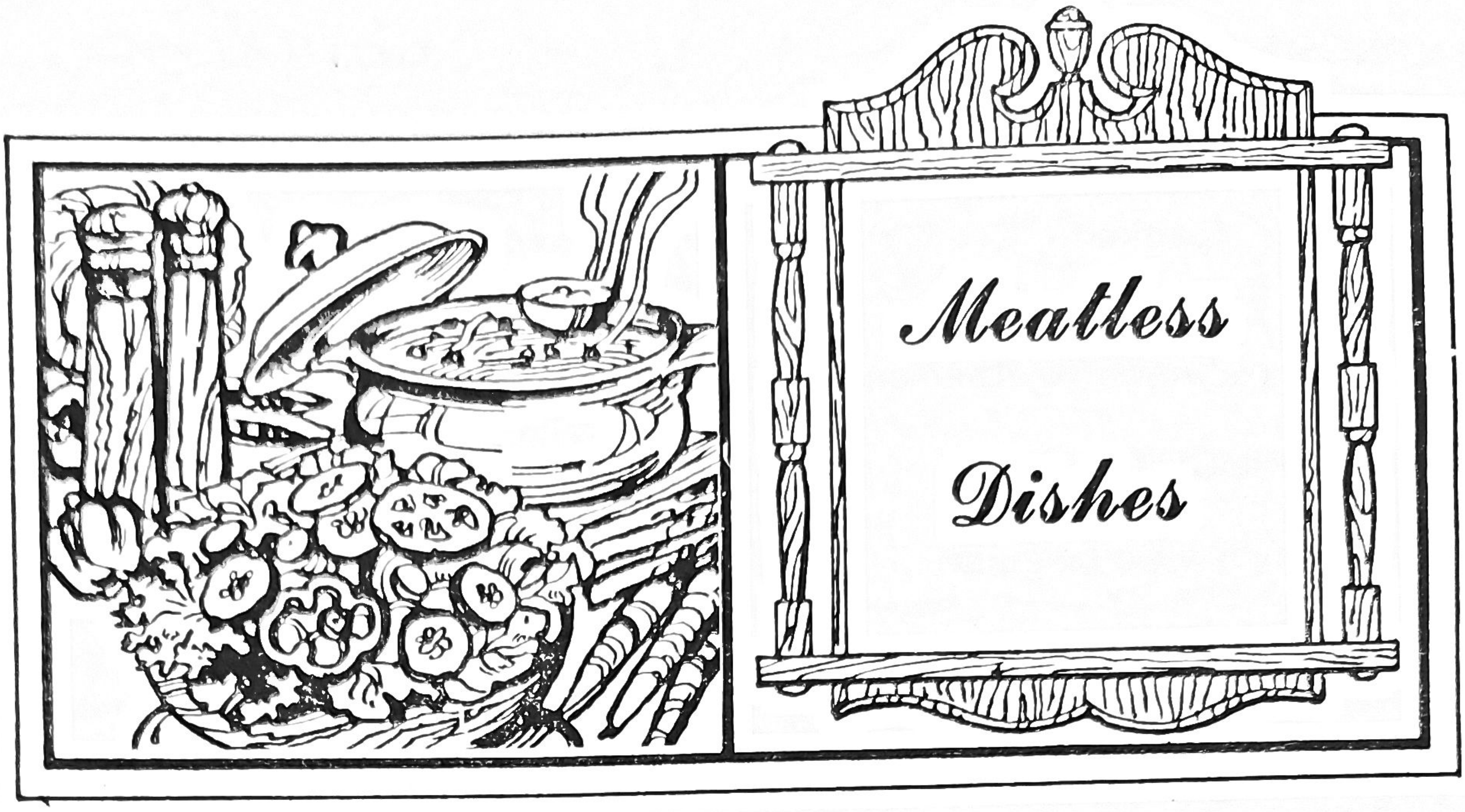
2 pkg. orange jello (regular size)
2 c. water
1 c. small marshmallows
1 c. apricot juice
1 large can apricots (mashed)
1 large can crushed pinapple (drained)

Topping:
1 egg, beaten
2 Tbsp. flour
1/2 tsp. salt
1 c. juice (either from the pineapple or apricot or both)
1 c. whipping cream (whipped)
1 c. grated cheddar cheese

Mix jello and water until jello dissolves. Add marshmallows and stir until dissolved. Add juice and chill till firm.

Topping: Mix ingredients for topping and bring to a boil. Cook until thick. Cool completely. Add 1 c. whipped cream and place on top of jello. Sprinkle with grated cheese.

Write Extra Recipes Here:



Meatless Dishes

SWEDISH MEAT BALLS (Patties)

Coralie Carlson

2 c. grated cheddar cheese
3/4 c. chopped walnuts
4 eggs
2 medium onions, chopped
1 1/2 c. dry bread crumbs
1 tsp. salt
Broth:
3 env. George Washington broth

Mix all ingredients together and make into patties. Fry on Teflon pan (if possible). Can be eaten as fresh patties, or can cover with broth. Make broth by package directions. Pour over patties, simmer 10 minutes with cover on, then without cover until juice is nearly all gone, OR put into oven and bake 45 minutes at 350 degrees.

LENTILS AND MUSHROOMS (Roast or Sandwich Spread)

Coralie Carlson

1 c. lentils (dry)
1 diced onion
3 c. water
Salt to taste
1 c. fresh mushrooms,
chopped
1 Tbsp. dried parsley
1/2 tsp. garlic powder
1/4 - 1/2 tsp. sage
1/2 tsp. basil

Bring to boil: lentils, onions, and salt. Simmer 45 minutes. Add mushrooms and seasonings. Mix together well. Continue simmering for 15 minutes, or bake at 350 degrees for 15 - 30 minutes.

Continued. . . . .

LENTILS AND MUSHROOMS (Roast or Sandwich Spread)

I also added 1 slice fresh bread, crumbled (or more) and sprinkled some grated cheese on top. What we don't eat for 1 meal, we eat later for sandwich spread, by adding a bit more salt, if needed, and some mayonnaise. Good on fresh homemade bread (you don't need any mayo on bread).

COTTAGE CHEESE ROAST

Coralie Carlson

2 c. cotttage cheese
1 chopped onion
3/4 c. bread crumbs (or crackers, Wheaties crumbs)
3 eggs
1 tsp. Vegex or soy sauce
1 tsp. sage
1/2 tsp. garlic powder
1/2 tsp. salt

Mix all ingredients together. Bake at 350 degrees for 45 - 60 minutes or until set.

SOY BEANS AU GRATIN

Coralie Carlson

1 qt. (4 c.) canned soy beans (drained)
3/4 tsp. salt
1 onion, chopped
2 Tbsp. oil
1/4 c. whole wheat flour
1/4 tsp. each sage, savory & thyme
1/2 - 1 c. water
1/2 c. bread crumbs as needed
1 c. grated cheddar cheese

Cook soy beans until bubbly, stirring at time. Add all other ingredients and pour into a 1 1/2 qt. casserole dish. Bake, uncovered at 350 degrees for 15 minutes. Sprinkle with grated cheddar cheese and bread crumbs. Bake, uncovered for 15 minutes longer. Garnish with green pepper rings. Yields: 6 - 8 servings (double for company).

Write Extra Recipes Here:

Meat, Fish and Poultry

ELEPHANT STEW

James Hughey

1 elephant (medium size)
Salt & pepper to taste
2 rabbits (optional)
Lots of brown gravy

Cut the elephant into small bite size pieces. This will take you about 2 minutes. Reserve the trunk; you will need something to store the pieces in. Add enough brown gravy to cover. Cook over a kerosene fire about 4 weeks at 465 degrees. This will serve 3,800 people. If more are expected, the 2 rabbits may be added. But do this only if necessary, as most people do not like hare in their stew. . . . .

CHINESE CHICKEN WITH CASHEWS

Marian Arnold

1 pkg. frozen green peas
3/4 c. celery
1 small can sliced mushrooms
1 c. nuts (cashews)
1/2 small onion, diced
1 c. cooked chicken
  (thin slices)
Sauce:
1/2 tsp. salt
1 tsp. sugar
1 tsp. cooking oil
1/2 tsp. liquor
Gravy:
1/2 tsp. salt
2 tsp. cornstarch
2 tsp. sugar
4 tsp. soy sauce
1 tsp. liquor
1/2 can mushroom with liquid

Mix all ingredients in sauce. Marinate chicken in sauce for 5 minutes. Pan fry onions; add chicken and fry for 1 minute. Pan fry celery, peas and mushrooms for 1 minute, add all ingredients for gravy and cook for 2 minutes. Add chicken and nuts and serve with rice.

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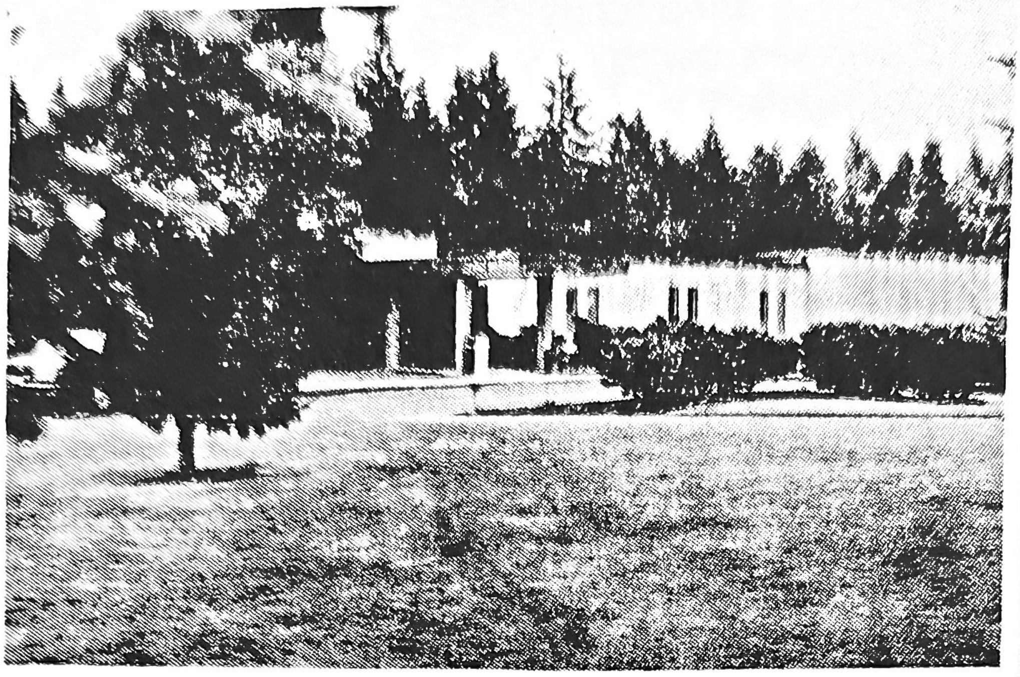

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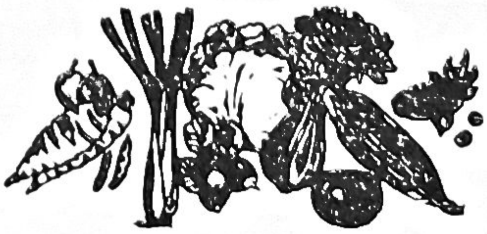

CHINESE CHICKEN WITH CASHEWS

Mary A. Painter

- 1 1/2 lb. chicken breasts, skinned, split & boned
- 3 Tbsp. soy sauce
- 2 tsp. cornstarch
- 2 Tbsp. rice vinegar
- 1 tsp. grated ginger root
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. crushed red pepper
- 2 Tbsp.cooking oil
- 1 pkg. frozen pea pods
- 4 green onions, bias sliced into 1" lengths
- 1 can pineapple chunks, (mix is what Grandma Greg eats) (save juice from pineapple)
- 1-1 1/2 c. cashews (I use unsalted)

Cut chicken into thin strips, set aside. In small bowl, blend soy sauce into cornstarch; stir in rice vinegar, 1/4 c. pineapple juice, ginger root, sugar, salt and red pepper; set aside. Preheat wok or large skillet over high heat. Add cooking oil. Stir fry green onions for 2 minutes. Remove from wok. Add cashews to cook; stir fry 1 - 2 minutes or until golden. Remove from wok. (Add more oil if necessary.) Add 1/2 of the chicken to wok, stir fry 2 minutes, remove from wok. Stir fry remaining chicken 2 minutes. Return chicken to wok; add soy sauce mixture. Stir until thick and bubbly. Stir in vegetables, cover and cook 1 minute more. Serve at once over hot rice or rice sticks. Makes 4 - 6 servings.

OVEN BEEF STEW

Mrs. Verda Armstrong

- 1 lb. stew meat
- 4 potatoes (1 1/2" chunks)
- 4 carrots (1 1/2" chunks)
- 4 stalks celery (1 1/2" chunks)
- 1/2 green pepper, diced
- 2 onions, diced
- 1 - 12 oz. can tomatoes
- 2 Tbsp. Worcestershire sauce
- 1/4 c. minute tapioca
- 1 1/2 tsp. salt
- 1/2 tsp. pepper

Place in stew pot in order given. Preheat oven to 300 degrees and bake 3 - 4 hours. Stir 5 minutes before removing from oven.

SWEET AND SOUR PORK

Sue Kitchen

- 1 lb. boneless pork
- 1/2 c. flour
- 1 tsp. seasoning salt
- 3 Tbsp. oil
- 1/4 c. apple cider vinegar
- 1/2 c. brown sugar
- 8 oz. tomato sauce
- 1/8 c. diced onions
- 1/8 c. diced green pepper
- 1 can pineapple chunks (20 oz.)

Continued. . . . .

SWEET & SOUR PORK (Continued)

Cut pork in 1" cubes. Heat skillet with oil. Coat cubes with flour. Brown in skillet. Put remaining ingredients in skillet. Cover and let simmer about 1/2 hour. Serve over rice.

BARBECUED SPARE RIBS

Madlyn Hughey

1 c. vinegar
2 Tbsp. granulated sugar
2 Tbsp. Worcestershire sauce
1/2 c. catsup
1 tsp. salt
1 tsp. dry mustard
1 tsp. paprika
1/8 tsp. pepper
1 minced peeled clove of garlic
2 lb. spare ribs

In a saucepan, combine first 9 ingredients. Cover; simmer for 15 minutes. Meanwhile, place spare ribs, rounded side up on a rack in large baking pan. Bake in very hot oven at 500 degrees for 10 - 15 minutes. Reduce heat to 325 degrees and bake covered or uncovered 1 - 1 1/2 hours or until spare ribs are very tender, brushing frequently on both sides with sauce. Before arranging spare ribs on serving platter, cut into individual servings of 2 or 3 ribs each.

SWEET & SOUR GLAZED RIBLETS

Patti La Pine

2 1/2 lb. pork spare ribs, sawed in 1/2 across bones
1 - 13 1/4 oz. can pineapple chunks
2 Tbsp. brown sugar
1 Tbsp. cornstarch
1/8 tsp. salt
1/2 c. cold water
2 Tbsp. vinegar
1 Tbsp. soy sauce
1 small green pepper, cut in 1" pieces

Cut meat into 2 rib portions; season with salt and pepper. Place rib, meaty side down in large shallow roasting pan. Bake in 450 degree oven for 30 minutes. Drain off fat. Turn meaty side up, reduce heat to 350 degrees; bake 30 minutes more. Meanwhile, drain pineapple, reserving 1/3 c. of syrup. In saucepan, combine brown sugar, cornstarch and salt. Blend in the reserved syrup, cold water, vinegar, and soy sauce. Cook and stir till thickened and bubbly. Stir in green pepper and pineapple. Cover; cook 5 minutes. Drain fat from ribs. Spoon sauce on top of ribs. Bake 15 minutes more. Serves about 6 - 8.

SWEET & SOUR MEAT BALLS

Marilyn Pederson

2 c. bread crumbs
2 c. milk
2 eggs
1 lb. sausage
2 lb. hamburger
1 1/2 Tbsp. salt
1/2 tsp. nutmeg
1/4 tsp. black pepper
1 tsp. dry mustard
2 Tbsp. flour
Sauce:
1/2 box brown sugar
1 bottle chili or cocktail sauce
1 bottle beer

Mix sausage, hamburger, bread crumbs, milk and eggs together thoroughly. Add seasonings and mix well. Add flour and form into small meat balls. Roll in flour and fry till done. Remove meat balls and place in clean pan. Mix sauce together and pour over meat balls, cover and bake at 325 degrees for 1 hour. Excellent served with white rice and soy sauce.

MEAT BALLS IN TOMATO SAUCE

Mrs. Elmer Moore

1 lb. ground beef
1/2 c. broken spaghetti (1/4" long)
1/2 c. water
1/3 c. chopped onion or
 1/2 tsp. onion salt
1 tsp. salt
1/2 tsp. celery salt
1/8 tsp. pepper
1 can (15 oz.) tomato sauce
1 c. water

Heat oven to 350 degrees. Mix meat, spaghetti, 1/2 c. water, onion, salts and pepper. Shape mixture into round balls. Place meat balls in ungreased baking dish, 8x8x2". Stir together remaining ingredients. Pour over meat balls. Cover with foil and bake 45 minutes, uncover and bake 15 minutes longer. 4 - 6 servings.

MEAT BALLS IN SOUR CREAM GRAVY

Marian Arnold

2 lb. ground beef
1 1/2 tsp. salt
1/4 tsp. pepper
5 beaten eggs
1 chopped onion
2 - 4 1/2 oz. cans pitted ripe olives
3 Tbsp. fat
3 Tbsp. flour
1/2 c. water
2 c. sour cream
6 tsp. dill seed
1/4 tsp. salt

Continued. . . . .

MEAT BALLS IN SOUR CREAM GRAVY (Continued)

Combine meat, salt, pepper, eggs and onion. Mix well and shape meat into balls around the pitted olives. Brown until done in hot fat. Remove from skillet, keep hot. Reserve 3 Tbsp. fat in skillet; add flour and blend. Add water and cook until thickened. Add sour cream, dill seed and salt. Pour over meat balls. Serve with cooked rice or broad noodles.

CHICKEN POT PIE

Mrs. Verda Armstrong

1/3 c. margarine
1/3 c. flour
1 tsp. onion flakes
1 Tbsp. chicken bouillon
1/2 tsp. salt
1/4 tsp. pepper
1 3/4 c. water
2/3 c. canned milk
2 c. cooked diced chicken
  (or turkey)
1 - 10 oz. pkg. frozen peas & carrots
Pastry for 2 crust pie
1 - 10" deep pie plate

Heat butter over low heat until melted. Stir in flour, onion flakes, bouillon, salt and pepper until smooth. Add water and milk, stirring constantly. Heat to boiling and boil 1 minute, while stirring. Stir in chicken and frozen vegetables. Set aside. Prepare pie crust. Roll out and fit into pie pan and pour in chicken mixture. Roll out second crust and place on top. Fold under edge and flute. Cut slits and bake at 350 degrees until crust is browned.

CHICKEN ENCHILADAS

Patti La Pine

1 - 16 oz. can tomatoes
1 - 4 oz. can green chili
  peppers, rinsed & seeded
1/2 tsp. coriander seed
1/2 tsp. salt
1 c. dairy sour cream
2 c. chopped, cooked
  chicken or turkey
1 - 3 oz. cream cheese, softened
1/4 c. chopped onion
3/4 tsp. salt
2 Tbsp.cooking oil
12 - 6" tortillas
1 c. shredded Monterey Jack
  cheese (4 oz.)

Place undrained tomatoes, chili peppers, coriander seed and 1/2 tsp. salt in blender. Blend till smooth. Add sour cream, blend till combined. Set aside. Combine chicken, cream cheese, onion and 3/4 tsp. salt. In skillet, heat oil, dip tortillas, 1 at a time into hot oil for 10 seconds. Drain on paper towel. Spoon chicken mixture on tortillas; roll up. Place seam side down into 13x9" pan. Pour tomato mixture over top. Cover with foil. Bake in 350 degree oven about 30 minutes. Remove foil, sprinkle with cheese, return to oven till cheese melts. Makes 6 servings.

HAWAIIAN CHICKEN

Mary Cameron

1 fryer, cut in serving pieces
1/4 c. margarine
10 oz. can pineapple slices
1/4 c. brown sugar
2 Tbsp. cornstarch
1 tsp. salt
1/4 c vinegar
1/2 tsp. Worcestershire sauce
2 Tbsp. chili sauce
1/3 c. catsup
1 tsp. soy sauce

Melt butter in shallow roasting pan. Roll chicken pieces in butter until coated. Arrange pieces, skin side up in single layer. Dice pineapple slices and scatter over chicken. Mix remaining ingredients with pineapple juice. Cook until thickened. Pour 1/2 of the sauce over the chicken. Cover and bake 30 minutes at 350 degrees. Uncover. Bake 30 - 45 minutes until tender. Baste with remaining sauce.

CHICKEN BREAST SUPREME

Mary Cameron

4 1/2 lb. chicken
1/4 c. lemon juice
4 tsp. celery seed
4 cloves garlic
2 c. buttermilk
4 tsp. Worcestershire sauce
2 tsp. paprika
4 tsp. salt
1/2 tsp. pepper

Mix in large covered bowl. Marinate chicken overnight. Drain. Roll in bread crumbs. Drizzle with melted butter. Bake, uncovered for 1 hour at 350 degrees.

CHICKEN ABALONE

George Thompson

Breast of chicken
Clam juice
Breading
Oil

Slice chicken thin (partially frozen makes this easier). Marinate in clam juice. Dredge chicken in breading and fry in hot oil.

CURRIED CHICKEN

Mrs. Elmer Moore

Salt to taste
Paprika
2 1/2 - 3 lb. fryer
2 Tbsp. butter or margarine
1 apple (finely chopped)
1 onion (finely chopped)
1 tsp. curry powder
1 can mushroom soup
1 c. cream or mocha

Continued. . . . .

CURRIED CHICKEN (Continued)

Remove skin from chicken, salt and paprika chicken. Place chicken in baking dish that has been greased. Melt butter or margarine in saucepan and saute onion and apple. Add curry powder, soup and cream. Pour this sauce over chicken and bake at 350 degrees for 1 1/2 hours or until tender.

BARBEQUED CHICKEN WINGS

Marian Arnold

- 1 box frozen chicken wings
- 1/4 c. pineapple juice
- 3/4 c. white sugar
- 1/2 c. red wine vinegar
- 1 tsp. soy sauce
- 4 Tbsp. catsup

Partially thaw chicken. Bake at 400 degrees for 15 minutes with 1/2 the sauce. Turn, add the rest of the sauce and bake for 15 minutes.

TURKEY DRESSING

Mrs. Elmer Moore

- 12 c. bread cubes (3 qt.)
- 1 c. butter or margarine
- 3/4 c. finely minced onion
- 1 1/2 c. chopped celery
- 3/4 Tbsp. salt
- 3/4 tsp. pepper
- 3/4 Tbsp. dried sage

In a large skillet, melt butter. Add minced onion and celery. Simmer until well cooked and tender. Add salt, pepper and sage. Simmer 3 minutes longer. Pour over bread cubes and add enough broth from necks and gizzard that were cooked ahead to mix into a moist dressing; if too dry, add water to right consistency.

Optional: For broth a can or jar of turkey or chicken broth may be used. Bake at 350 degrees for 1 hour or stuff turkey and cook in usual way.

SUPER STORE BOUGHT BURRITO

Greg Cummins

- Burrito (from grocery store cooler)
- Grated cheese
- Sour cream
- Chopped lettuce
- Diced tomatoes
- Salsa
- Guacamole
- Black olives

Split burrito in 1/2 long way. Lay on plate. Split side up. Cover with your favorite grated cheese. Put in microwave or oven till hot and cheese melts. Put on sour cream and any or all of the remaining 5 ingredients. Serve with tortilla chips and your favorite beverage.

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CORNISH GAME HEN BAKE

Barbara Love

2 cornish game hens
1 - 2 ribs chopped celery
1 medium chopped apple
1 c. rice
2 Tbsp. raisins (optional)
2 Tbsp. onion (optional)

Cook rice according to directions. Mix rice, apple, celery, raisins and onions. Stuff hens loosely. Bake break up in shallow pan at 300 - 325 degrees with foil tent for 1 hour. Uncover and bake 15 - 30 minutes more or until browned.

This recipe was created for no salt, no spice diets, but can be enjoyed by all.

FLANK STEAK WITH SAUSAGE STUFFING

Barbara Love

1 flank steak
3 - 5 Brown & Serve sausages
  or 1/2 lb. bulk sausage
1 small pkg. stuffing imx
1/4 c. diced onion
1/2 c. diced celery
1 egg, beaten
Teriaki sauce

Marinate steak 3 - 4 hours in teriaki sauce. Boil onion and celery in enough water to cover until tender. Break sausage into 1/2" chunks and brown. Mix stuffing mix, sausage, celery and onion with water and egg. Add more water if dressing is not moist. Place steak in small roasting pan. Fill with dressing. Pin edges of steak with turkey pins, or toothpicks, lace if desired. Bake 1 - 1 1/2 hours in 350 degree oven basting with teriaki sauce marinade. To serve remove pins and slice in 1 1/2 - 2" slices.

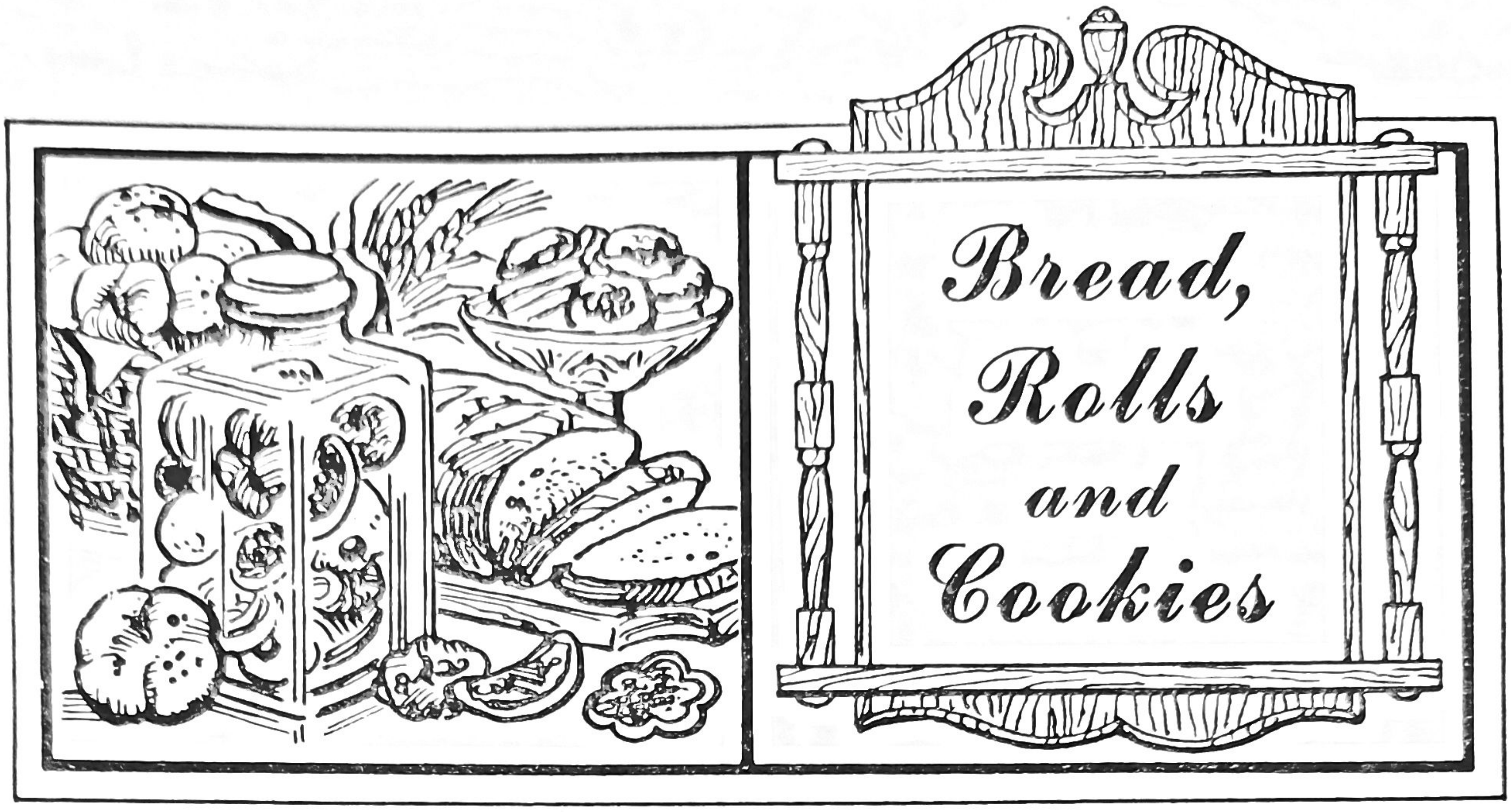
LOCOS

Barbara Love

1/2 lb. shredded roast beef
1/2 lb. shredded pork roast
1 medium onion, diced (opt.)
1 can refried beans
3/4 c. grated Longhorn cheese
3/4 c. grated Monterey Jack cheese
1 c. red chili sauce
4 - 6 large flour tortillas

Heat beef, pork and refried beans. Add sauteed onions if you wish. Place tortillas on oven proof plater or cookie sheets. Put equal portions of beef, pork, onion and refried beans and cheese in each and roll so seam is down. Pour sauce over top and bake at 400 degrees for 5 minutes. Add some cheese to top and bake for 5 minutes more or until cheese is melted.

NOTE: Quantities are approximate and ingredients maybe adjusted to taste. You may also provide chopped tomatoes, onions, shredded lettuce and extra warm sauce.



Bread, Rolls and Cookies

BISCUITS **Virgie Glover**

2 c. flour
1 tsp. salt
1 tsp. soda
1 Tbsp. baking powder
2 Tbsp. lard
1 c. buttermilk
Melted butter

Mix all ingredients together. Knead on board, using as little flour as posisble. Roll out and cut. Put into pan, brush top with butter. Bake at 400 degrees until golden.

THREE DAY BUNS **Marian Metzker**

1 Tbsp. yeast
1 c. lukewarm water
2 c. potato water
2 c. flour
1/2 c. oil
1 c. sugar
2 c. warm water
4 tsp. salt
10 c. flour

Dissolve yeast in lukewarm water at 400 p.m. or later. Mix in potato water and 2 c. flour. Let raise overnight. Cover and leave in a cool place. In the morning, add 1/2 c. oil, sugar, 2 c. warm water, 4 tsp. salt and 10 c. flour. Makes a stiff dough. Put in large bowl. Let raise all day and knead down when necessary. In the evening make rolls spaced far apart on baking sheet (greased). Cover and let raise all ngiht. Bake first thing in the morning at 350 degrees for 20 minutes.

Keep dough in a cool place at all time. Makes 5 - 6 dozen.

"LIGHT AS A FEATHER" REFRIGERATOR ROLLS

Jo Ann Johnson

- 1 c. lukewarm water
- 1/2 c. sugar
- 1 pkg. granulated yeast
- 3 eggs
- 1/2 c. melted butter
- 1 tsp. salt
- 5 c. unsifted all-purpose flour

Soften yeast in sugar and water mixture. Add beaten eggs, melted butter and salt. Add flour, will make a soft dough. Cover and let rise in a warm place until doubled in bulk. Punch down and place dough in a greased bowl; cover and place in refrigerator. Three hours before using roll or pat dough on a lightly floured surface into desired shapes. Dip in melted butter and place on ungreased pan, let rise in warm, place for 3 hours (full hours) or until very light. Bake in moderate oven at 375 - 400 degrees about 10 minutes. If desired, rolls may be formed after first rising without refrigeration.

If only part of dough is needed at 1 time, the remaining amount may be returned to refrigerator for future use. Dough may be kept in refrigerator for 4 - 5 days.

BROWN & SERVE ROLLS

Mrs. Elmer Moore

- 1 pkg. dry active yeast
- 3/4 c. warm milk (105 - 115 degrees)
- 3/4 c. milk (scalded & cooled to lukewarm)
- 1/4 c. sugar
- 2 1/4 tsp. salt
- 1/4 c. shortening
- 4 1/2 c. Gold Medal flour

Dissolve yeast in warm water. Stir in milk, sugar, salt, shortening and 2 1/2 c. flour. Beat until smooth. Mix in remaining flour to form soft dough. Turn onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in greased bowl, turn greased side up, cover and let stand and rise in warm place until double, about 1 1/2 hours. Punch down, turn out onto lightly floured board and divide into 24 equal parts. Shape each into a smooth ball. Place in greased muffin cup or about 3" apart on a greased baking sheet. Cover, let rise until almost double, about 45 minutes.

Heat oven to 275 degrees. Bake 20 - 30 minutes, do not allow rolls to brown. Remove from pans and cool at room temperature. Place rolls in plastic bags or wrap in plastic wrap or foil. Store in refrigerator several days or freeze.

MEXICAN CORNBREAD

June Swisher

- 1 c. cornmeal
- 1/2 tsp. soda
- 1 tsp. salt
- 1 tsp. baking powder
- 2 eggs
- 2 Tbsp. shortening or oil
- 3/4 c. buttermilk
- 1 small onion (chopped)
- 1 1/4 c. cream style corn
- 1 c. Old El Paso green chilies
- Pepper
- 1 1/2 c. grated cheese

Mix everything together except cheese. Pour 1/2 mix into greased and floured pan. Put cheese on top and pour remaining mix. Bake at 350 degrees for 35 - 45 minutes. Leftover can be frozen.

STACKED PULL APART BUNS

Mrs. Verda Armstrong

- 1 - 3 oz. pkg. Rhodes frozen dinner rolls
- 1 - 3 1/2 oz. box butterscotch instant pudding
- 1 c. brown sugar (packed)
- 1 1/2 cubes melted butter or oleo

Stack frozen rolls in a bundt pan or angel food pan. Sprinkle pudding over top of rolls, sprinkle sugar over rolls, shake cinnamon over top then pour melted butter over all. Let rise until buns are at top of pan. Bake at 350 degrees for 30 minutes. After removing from oven, let set for 5 minutes before tipping out of pan.

HARVEST LOAF

Jason McLaughlin

- 2 c. sifted flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1 tsp. salt
- 1 c. Libby's solid pack pumpkin
- 1 c. sugar
- 1/2 c. milk
- 2 eggs
- 1/4 c. softened butter
- 1 c. chopped nuts

Sift together dry ingredients. Combine pumpkin, sugar, milk and eggs in mixing bowl. Add dry ingredients and milk in small amount mixing well after each addition. Add softened butter; mix well. Stir in nuts. Pour into a well greased loaf pan. Bake at 350 degrees for 45 - 55 minutes or until toothpick comes out of center clean. Makes 1 loaf.

Bread may be frozen.

BUTTER BRICKLE BREAD

Dorothy Morgan

1 butter brickle cake mix
1 box instant coconut cream pudding
4 eggs
1/2 c. oil
1 c. hot water
2 tsp. poppy seed

Mix all ingredients together 4 - 6 minutes. Pour into a greased and floured loaf pan. Bake at 275 degrees for 1 hour.

CHOCOLATE BARS

Patti La Pine & Mae Donahe

14 oz. bag caramels
1/3 c. evaporated canned milk
1 pkg. German chocolate cake mix
3/4 c. butter
1/3 c. evaporated can milk
1 c. nuts
1 - 12 oz. pkg. chocolate chips

Melt together caramels and 1/3 c. canned milk. Mix together cake mix, butter, canned milk and nuts. Press 1/2 of this mixture into greased and floured 13x9" cake pan. Bake in 350 degree oven for 6 minutes. Pour caramel mixture over cake and then sprinkle chocolate chips over caramel mixture. Put rest of cake mixture over top and bake 15 - 18 minutes. DO NOT OVER BAKE!

RHUBARB BARS

Mary Cameron

4 c. rhubarb
1 1/4 c. sugar
1 tsp. orange rind
2/3 c. shortening
1 c. brown sugar
2 1/2 c. flour
1/2 tsp. salt
1 1/2 tsp. baking soda
1 1/2 c. dry oatmeal

Mix rhubarb with sugar and orange rind. Mix remaining ingredients except oatmeal until shortening is evenly mixed. Mix in oatmeal. Pat 2/3 of mixture into 9x13" pan. Spread rhubarb evenly over. Sprinkle on remaining oatmeal mixture. Bake at 400 degrees for 25 minutes.

SPECIAL K BAR

Patti La Pine & Mae Donahe

6 c. Special K cereal
1 c. sugar
1 c. light corn syrup
1 c. peanut butter
1 c. chocolate chips
1 c. butterscotch chips

Put cereal into large bowl. Mix together in saucepan; sugar and light corn syrup. Heat until it comes to a boil. Stir in peanut butter. Pour

Continued...............

SPECIAL K BAR (Continued)

syrup mixture over cereal and mix good. Press mixture into a greased 9x13" pan and let set while cooling. Melt chocolate and butterscotch chips together and spread over cereal mixture. Cut in 36 squares after completely cooled.

GUM DROP COOKIES

Patti La Pine & Mae Donahe

1 c. shortening
2 c. brown sugar
2 eggs
1/2 c. buttermilk
3 1/2 c. flour
1 tsp. soda
1 tsp. salt
3 - 4 c. cut up gum drops

Mix shortening, brown sugar and eggs. Stir in buttermilk. Sift dry ingredients together and stir in. Mix in gum drops. Chill at least 1 hour. Heat oven to 400 degrees. Drop 2" apart on lightly greased baking sheet. Bake 8 - 10 minutes or until set. Makes about 6 dozen, 2 1/2" cookies.

UNBELIEVABLE COOKIES

Mrs. Elmer Moore

1 egg
1 c. sugar
1 c. peanut butter

Beat egg, add sugar and mix in peanut butter. Drop by teaspoonful onto cookie sheet. Bake at 350 degrees for 10 - 12 minutes or until brown. Remove when cool. Do not remove cookies from sheet until they are cool. They set when cool.

FORGET ME NOT COOKIES

Marian Arnold

2 egg whites
3/4 c. sugar
1 small pkg. chocolate chips

Beat egg whites and add sugar. Fold in chips. Drop by teaspoon onto a greased cookie sheet. Preheat oven to 350 degrees. Turn oven off after putting the cookies in. Leave them in and forget them. Do this in the evening and they can stay in all night.

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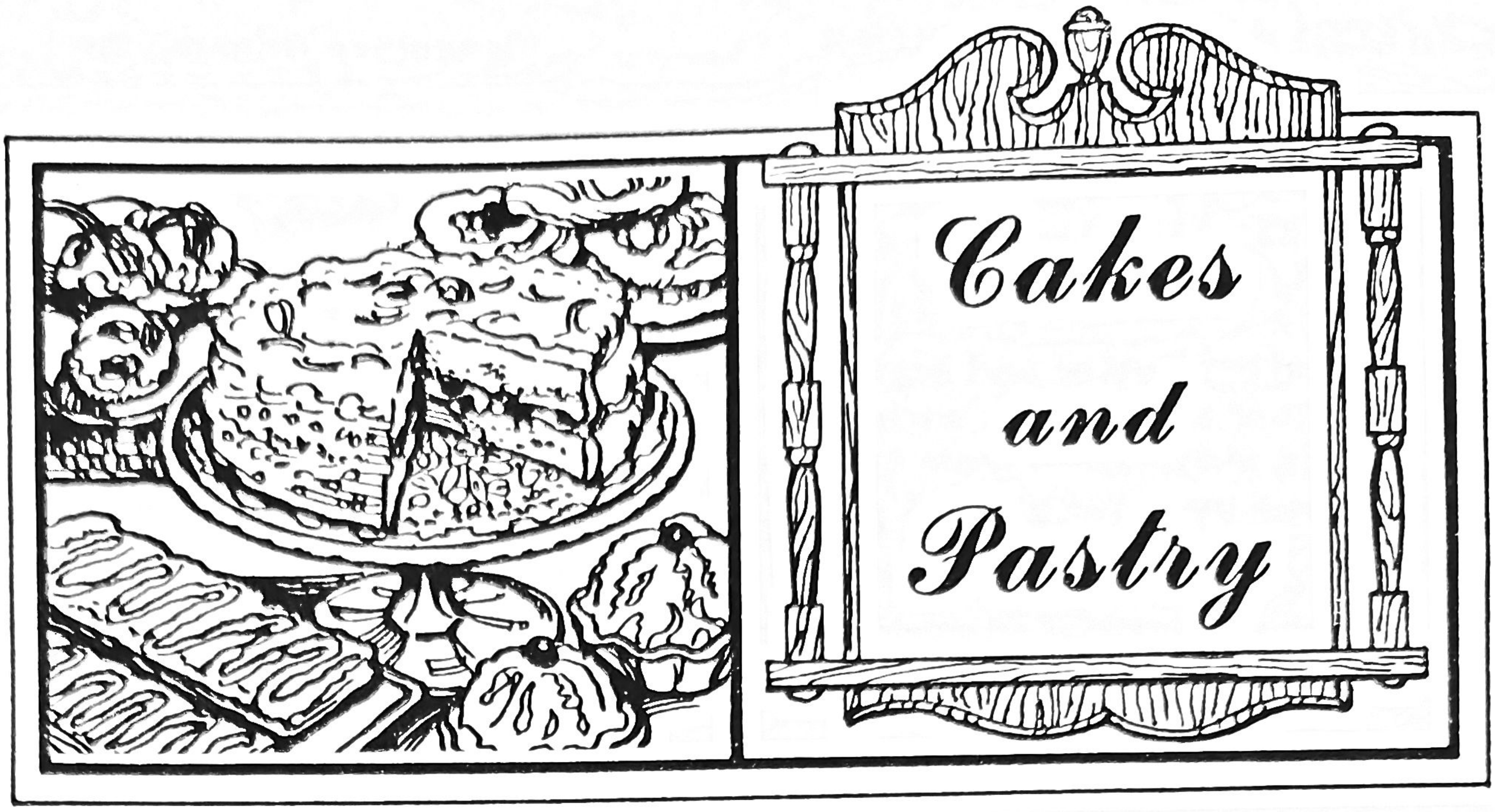
SHERRIED BUTTER NUT DROPS

Genevieve Brinkmann

1 1/2 c. margarine	3 1/2 c. sifted flour
1 3/4 c. sifted powdered sugar	1/2 c. flour
1/4 tsp. salt	1 c. chopped pecans

Cream together butter and sugar until fluffy. Add and continue mixing. Add flour alternately with sherry, beating well after each addition. Stir in nuts. Drop from teaspoon on greased baking sheet. Bake in 350 degree oven for 20 - 25 minutes. Makes 100 drops.

Write Extra Recipes Here:



Cakes and Pastry

RAW APPLE CAKE

Louise Hughey

1 c. raisins
1 1/2 c. raw apples
1 c. sugar
1/2 c. margarine or butter
2 c. flour
2 tsp. soda
2 tsp. cocoa
1 tsp. cinnamon
1 tsp. allspice
1 tsp. vanilla
1 c. chopped nuts

Grind raisins and apples together. Add all the other ingredients and mix well. Pour into greased and floured cake pan. Bake at 350 degrees for 45 minutes.

APPLE CHUNK CAKE

Mrs. Verda Armstrong

4 c. apples, cut in small chunks
2 c. sugar
1/2 tsp. salt
2 eggs
1/2 c. oil
2 c. flour
2 tsp. baking soda
2 tsp. cinnamon

Mix first 5 ingredients in a large bowl. Add other ingredients, mix well. Pour into a 9x13" pan. Bake for 1 hour at 350 degrees.

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APPLE CAKE

Jason McLaughlin

- 2 c. sliced apples
- 2 eggs
- 1/2 c. shortening
- 1 c. sugar
- 1 c. flour
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. vanilla

Cream shortening and sugar. Add eggs and other dry ingredients. Stir in vanilla and apples. Pour into a greased and floured loaf pan. Bake at 375 degrees for 1 hour.

This is good with a cream cheese frosting.

CRANBERRY-APPLE CAKE

Marian Arnold

- 2 c. all-purpose flour
- 1 tsp. each baking soda, salt, ground cinnamon & nutmeg
- 1 3/4 c. dark brown sugar (packed)
- 1/2 c. vegetable oil
- 2 large eggs
- 1 tsp. vanilla
- 2 c. cranberries
- 2 c. chopped (unpeeled) apples
- 1 c. walnuts
- Confectioners' sugar

Heat oven to 350 degrees. Butter a 10 c. bundt pan. Mix flour, baking soda, salt and spices. In a large bowl, beat brown sugar, oil eggs and vanilla until well blended. Add flour and mix well. Stir in cranberries, apples and nuts; batter will be stiff. Scrape out into the prepared pan. Bake 1 1/4 hours, or until a wooden pick inserted in the center comes out clean. Cool in pan 30 minutes. Turn out and cool completely. Cake freezes well. Sift confectioners' sugar over top before serving. Makes 28 slices, 161 calories per slice.

BLUEBERRY YOGURT COFFEE CAKE

Frances Moore

- 2 c. flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 c. plain yogurt
- 3/4 c. margarine
- 1 c. sugar
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 c. blueberries

Topping:

- 1/3 c. brown sugar
- 1/4 c. granulated sugar
- 1 tsp. cinnamon
- 1 c. chopped nuts

Continued. . . . .

BLUEBERRY YOGURT COFFEE CAKE (Continued)

Sift flour, soda, baking powder, and salt. Add dry ingredients, alternately with the yogurt to the butter and sugar mixture. Pour 1/2 of mixture into a greased 9x13" pan. Spread with 1/2 of topping. Repeat the last 2 steps. Bake at 350 degrees for 30 minutes.

CHOCOLATE KRAUT CAKE

Marian Arnold

2 1/4 c. flour
1 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
1/2 c. cocoa
1 1/2 c. sugar
2/3 c. shortening
1 1/4 tsp. vanilla
1 c. water
3 eggs
1/2 c. sauerkraut (well drained)

Sift flour once; measure. Then add soda, baking powder, salt and cocoa. Sift all ingredients again. Cream shortening; add sugar and beat until light and fluffy. Add vanilla and blend. Add eggs, 1 at a time, beating well after each addition. Add dry ingredients alternately with the water, beating until smooth after each addition. Add sauerkraut and mix well. Pour into a well greased 13x9x2" pan. Bake at 375 degrees for approximately 35 minutes or until toothpick inserted comes out clean. Cool and frost with desired frosting.

CHOCOLATE MOUSSE CAKE

Janette Mowe

7 oz. semi-sweet chocolate
1/4 lb. unsalted butter
7 eggs, separated
1 c. sugar
1 tsp. vanilla
1/8 tsp. cream of tartar
Whipped cream frosting:
1/2 pt. whipped cream
1/3 c. powdered sugar
1 tsp. vanilla

Preheat oven to 325 degrees. In small saucepan, melt chocolate and butter over low heat. In a large bowl, beat egg yolks and 3/4 c. sugar until very light and fluffy (about 5 minutes). Gradually beat in warm chocolate mix and vanilla. In another large bowl, beat egg with cream of tartar until it forms soft peaks. Add remaining 1/4 c. sugar, 1 Tbsp. at a time. Beat until stiff. Fold egg whites carefully into chocolate. Pour 3/4 of the batter into ungreased spring form pan. Cover remaining batter and refrigerate. Bake cake 35 minutes.

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TRIPLE CHOCOLATE CAKE

Mary A. Painter

1 chocolate cake mix (no pudding mix)
1 - 3 oz. box chocolate pudding (cook type)
1 - 1 1/2 c. chopped walnuts
1 - 1 1/2 c. chocolate chips

Cook pudding according to package directions. Remove from heat. Add dry cake mix, beat until smooth. Pour into a greased and floured 9x13" pan. Sprinkle nuts and chips on top. Bake at 350 degrees for 35 - 40 minutes. No need to frost.

COCONUT MACAROON PIE

Helen Hughey

1 unbaked pie shell
1 1/2 c. sugar
2 eggs
1/4 tsp. salt
1/2 c. butter (or margarine), melted
1/4 c. flour
1/2 c. milk
1 1/2 c. shredded coconut
1 tsp. vanilla
9" pie shell (unbaked)

Mix all ingredients together except for 1/2 c. of shredded coconut. Pour into unbaked pie shell and bake in slow oven (325 degrees) for about 45 minutes. Before baking, sprinkle the 1/2 c. of coconut on top of pie.

GOOFEY CAKE

Arlene Tabin

1 1/2 c. flour
1 c. sugar
1 tsp. salt
1 tsp. soda
3 Tbsp. cocoa
1/3 c. Wesson oil
1 Tbsp. vanilla
1 Tbsp. vinegar
1 c. water

Sift dry ingredients together in mixing bowl. Make a well in the center of the dry ingredients and add the liquids and stir well. Pour into a greased and floured pan and bake at 350 degrees about 45 minutes.

SOUR CREAM CHOCOLATE CAKE

Opal Krueger

3 sq. unsweetened chocolate
1 1/2 Tbsp. butter
3/4 c. milk
2 1/2 c. flour
1 1/2 tsp. soda
1/2 tsp. salt
4 eggs
2 1/2 c. sugar
1 1/2 c. sour cream
1 1/2 tsp. vanilla

Continued. . . . .

SOUR CREAM CHOCOLATE CAKE (Continued)

Melt chocolate and butter in milk over low heat. Cool. Sift flour, soda and salt. Beat eggs until fluffy, add sugar gradually. Continue beating until creamy colored and thick. Blend in dry ingredients with sour cream. Stir in chocolate mixture and vanilla. Pour into greased and floured pans and bake at 350 degrees for 30 minutes.

TURTLE CAKE

Margaret Coonce

1 chocolate cake mix	3/4 c. margarine
1 pkg. chocolate chips	1 c. chopped pecans
14 oz. caramels	1 can evaporated milk

Melt caramels in 1/3 c. milk. Beat together cake mix, margarine, and remaining milk. Put 1/2 of batter in greased and floured sheet cake pan. Bake 15 minutes in 350 degree oven. Pour caramel mixture over cake. Spread pecans then chocolate chips then remaining batter. Bake 15 minutes at 350 degrees. Cool completely and cut in small squares.

TURTLE CAKE

Lois Wofford

1 pkg. German chocolate cake mix	2 c. nuts (chopped)
1 pkg. Kraft caramels (large)	3/4 c. butter
1 pkg. chocolate chips (large)	1/4 c. milk

Mix cake according to directions. Bake 1/2 of batter for 15 minutes in a 9x13" pan. Melt caramels with butter and milk. Add 1/2 of the nuts. Pour mixture over partially baked cake. Put chocolate chips in next layer. Pour remainder of cake batter next and top with 1 c. nuts. Bake for 20 minutes.

CREAM CHEESE POUND CAKE

Marilyn Pederson

2 sticks margarine	6 eggs
1 stick butter	3 c. flour
8 oz. pkg. cream cheese	1 tsp. vanilla
3 c. granulated sugar	

Cream margarine, butter and cream cheese; add sugar and beat well. Add 2 eggs and beat until fluffy. Add flour and remaining eggs alternately, beating well after each addition. Stir in vanilla. Pour into

Continued. . . . .

CREAM CHEESE POUND CAKE (Continued)

greased and floured tube pan or bundt pan. Bake at 300 degrees for 1 hour and 30 minutes. Test doneness with a toothpick. Cook before removing from the pan. Slice cake very thin to serve.

LEMON JELLO CAKE

Hazel Baker

1 Betty Crocker lemon velvet cake mix
1 lemon jello (small size)
3/4 c. cold water
3/4 c. oil
3 eggs
Glaze:
Juice & rind of 1 lemon
1 c. powdered sugar

Mix jello in with cake mix. Mix well into the dry cake mix and pour on liquid and eggs. Beat together and bake 40 minutes at 350 degrees in a 9x13" or 10 x11" pan. While still hot, pour juice and rind of lemon mixed with powdered sugar over cake. This makes glaze. Punch holes in cake before icing so glaze can run down through cake.

OATMEAL CAKE

Marilyn Pederson

1 1/4 c. boiling water
1 c. oatmeal
1 cube real butter
1 c. granulated sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1 tsp. cinnamon
1/8 tsp. salt
1 1/3 c. flour
1 tsp. soda
Icing:
1/2 stick real butter
1/2 c. canned milk
1 c. brown sugar
1/2 c. chopped walnuts or pecans

Pour boiling water over oatmeal and set aside to cool. Then cream together butter, granulated sugar and brown sugar. Add 2 beaten eggs plus vanilla, cinnamon and salt. Mix with oats and water. Sift in flour and soda. Beat till creamy and pour into a greased and floured pan (9x12"). Bake at 350 degrees for 50 minutes.

While cake is baking during last 15 minutes, prepare icing. Cream 1/2 stick butter, 1/2 c. canned milk, 1 c. brown sugar with 1/2 c. nuts. Bring to a slow boil over burner, then pour over cake and immediately return to oven and bake for another 5 minutes. Cool before slicing.

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PINEAPPLE SHEET CAKE

Mrs. Verda Armstrong

2 c. flour
2 c. sugar
2 c. crushed pineapple
2 eggs
2 tsp. baking soda
Dash of salt

Put all ingredients in a bowl and mix well. Put in greased and floured 9x13" pan. Bake at 350 degrees for 25 - 30 minutes.

FROSTING FOR PINEAPPLE SHEET CAKE

Mrs. Verda Armstrong

1 - 8 oz. pkg. cream cheese
1 cube oleo (softened)
1 box powdered sugar
1 tsp. vanilla

Mix and spread on cooled cake.

SWEDISH NUT CAKE

Louise Hughey

2 c. sugar
2 c. flour
2 eggs
2 tsp. soda
2 tsp. vanilla
1 - 20 oz. can crushed pineapple (do not drain)
1/2 c. pecans or walnuts

Frosting:
1 - 8 oz. cream cheese
1 stick margarine
1 tsp. vanilla
1 3/4 c. powdered sugar
1/2 c. nuts

Mix all ingredients by hand and place in a greased and floured 13x9" pan.

Frosting: Cream margarine and cream cheese together. Add vanilla. Add powdered sugar in small amounts mixing well after each addition. Stir in nuts and frost cake.

FOOL PROOF PIE CRUST

Jo Ann Johnson

4 c. flour
1 Tbsp. sugar
2 tsp. salt
1 3/4 c. shortening
1 Tbsp. vinegar
1/2 c. water
1 egg

Mix together flour, sugar, salt and shortening. Add vinegar, water and egg. Roll out on floured board and place in pan. Makes 2 - 9" crusts.

CHEESE PIE

Caroline Szydtowski

3 eggs, beaten
1 - 16 oz. carton small curd cottage cheese
1 tsp. cinnamon
1/2 c. raisins
1/2 c. milk
1 c. sugar
Pinch of salt
Butter

Mix together all ingredients but the last one. Pour into unbaked pie shell and dot with butter. Put top crust on and bake at 350 degrees for 45 - 50 minutes.

COCONUT-BANANA PIE

Dorothy Morgan

1/3 c. flour
2/3 c. sugar
1/4 tsp. salt
2 c. milk
3 eggs (separated)
2 Tbsp. butter
1/2 tsp. vanilla
1 c. coconut
Banana

Cook over heat until thick: flour, sugar, salt and milk. Remove from heat. Take 1/2 c. of pudding; set aside. Beat egg yolks and slowly add 1/2 c. pudding. Pour egg mixture into pudding and return to heat 1 minute. Add butter and vanilla. Mix well. Add coconut. Slice banana into baked pie crust, top with pudding. Add beaten egg whites on top. Bake at 350 degrees until egg whites are golden.

PECAN PIE

Louise Hughey

1 c. sugar
3 eggs, beaten together
1/2 c. pecans (chopped)
1/3 tsp. salt
3/4 c. white syrup
3 Tbsp. melted margarine or butter
1 tsp. vanilla

Mix together in order given above. Be sure to beat the eggs only slightly. After the ingredients are mixed, pour into unbaked pie shell. Bake at 350 degrees for 45 minutes.

PEANUT BUTTER CREAM PIE

Juanita Larson

1 baked 9" pie shell
1/2 c. sugar
1/4 c. cornstarch or 1/2 c. flour
1/4 tsp. salt
3 c. milk
4 eggs
1/4 c. peanut butter

Continued..............

PEANUT BUTTER CREAM PIE (Continued)

Combine sugar, cornstarch and salt; add milk gradually. Cook. Stir till thick and bubbly. Reduce heat; cook and stir 2 minutes. Separate eggs; set whites aside. Beat yolks slightly. Slowly stir 1 c. hot mixture into yolks. Return to saucepan. Bring to gentle bowl. Cook and stir 2 more minutes. Remove from heat and add peanut butter, stirring till smooth. Pour into shell and refrigerate till cold. Egg whites may be used for meringue.

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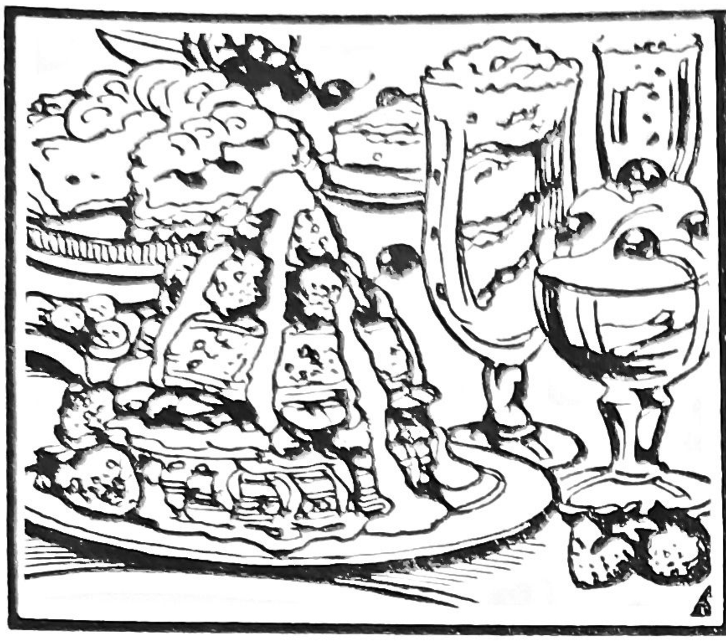

Desserts

EASY DONUTS

Mary A. Painter

1 can biscuits (regular not flaky)
Topping:
1 - sugar & cinnamon
2 - powdered sugar frosting (any flavor)
3 - powdered cocoa

Cut hole in each biscuit with lipstick top. Deep fry donuts and holes until golden brown. Drain on paper towel 1 - 2 minutes. Frost or roll in cinnamon-sugar or powdered sugar. Good treat for kids or us - us older kids. Easy for mom.

BLACKBERRY DESSERT

Mrs. Elmer Moore

1 1/4 c. graham cracker crumbs
1 1/4 c. chopped nuts
1/4 c. butter or margarine (melted)
50 marshmallows (small)
1 c. milk
2 c. whipped cream
1 qt. blackberries
1 c. sugar
2 tsp. lemon juice
4 Tbsp. cornstarch
1/4 c. cold water

Mix cream crumbs, nuts and margarine. Mix well and press into a 8x8" pan. Melt marshmallows in milk that has been heated and add 2 c. whipped cream; beat and cool. To the blackberries, add sugar, lemon juice and bring to a boil, turn heat to simmer. Add cornstarch and water. Place blackberry mixture into crust, top with marshmallow mixture. Serves 6 - 8.

CINNAMON SUGAR NUTS

Enid Boland

1 c. sugar
6 Tbsp. milk
Pecan halves
1 tsp. cinnamon
1 tsp. vanilla
1/4 tsp. salt
2 1/2 c. walnuts

Combine sugar, cinnamon, salt and milk in saucepan. Cook, stirring constantly to a soft ball state (236 degrees on candy thermometer). Remove from heat. Add vanilla and nuts. Stir until creamy; turn out on waxed paper and separate the nuts. Let cool.

CINNAMON CRISPIES

Mrs. Elmer Moore

2 1/4 c. flour
1/2 tsp. baking soda
3/4 tsp. baking powder
3/4 tsp. salt
3/4 tsp. cinnamon
2 tsp. vanilla
2 c. rolled oats
3/4 c. chopped nuts
1 1/8 c. shortening
2 1/4 c. sugar
2 Tbsp. molasses
2 eggs

Sift flour and add baking soda, baking powder, salt and cinnamon. Cream together shortening and sugar. Add molasses and beat in a mixer at medium speed until well mixed, then add eggs and beat for 1 minute. Add sifted dry ingredients and mix well. Stir in oats and nuts. Drop by spoonfuls onto a cookie sheet. Bake at 375 degrees for 6 - 8 minutes.

CARMELITA SQUARES

Marilyn Pederson

1c. flour
1 c. Quaker oats
3/4 c. brown sugar
1/2 tsp. soda
1/4 tsp. salt
3/4 c. melted margarine
1 c. semi-sweet chocolate chips
1/2 c. nuts
3/4 c. caramel ice cream topping
3 Tbsp. flour

Mix flour, oats, brown sugar, soda, salt and melted butter together to form crumbs. Press 1/2 of mixture into bottom of 9x12" pan. Bake 10 minutes at 350 degrees. Remove from oven, pour chips and nuts over bottom of pan. Blend 3 Tbsp. flour with caramel topping. Pour over chips and nuts. Sprinkle with the remaining dry ingredients. Bake for 20 minutes. Chill for 2 hours. Cut and serve.

COFFEE SQUARES

Marian Arnold

1 c. margarine
2 c. brown sugar
2 eggs
1 c. strong hot coffee
(black)
1 tsp. vanilla
3 c. flour
1 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1 c. nuts
1 c. raisins

Cream margarine, sugar and eggs. add coffee and vanilla. Stir in dry ingredients. Spread on a greased cookie sheet. Bake at 350 degrees for 10 - 12 minutes. Frost with maple frosting.

MAPLE FROSTING

Marian Arnold

1/4 c. milk
3/4 c. dark brown sugar
1/4 c. butter or margarine
1/2 tsp. maple flavoring
1/4 tsp. salt
1 lb. powdered sugar

In saucepan bring milk and brown sugar to a boil, pour over margarine in a bowl and beat. Add maple flavoring and salt. Add powdered sugar gradually and beat hard. Frost coffee squares.

LEMON DELIGHT

Del Drody

2 Tbsp. butter or margarine
Juice of 1 lemon & grated
rind
2 Tbsp. flour
3/4 c. sugar
1 c. milk
2 eggs, separated

Cream butter and sugar together. Add well beaten egg yolks, flour, lemon juice and rind. Mix well. Add milk. Fold in stiffly beaten egg whites. Pour into greased baking dish. Set in pan of hot water. Bake at 350 degrees for 30 minutes.

LEMON DESSERT

Louise Hughey

1 1/2 c, flour
1/2 c. melted margarine
1 c. chopped nuts
1 large pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip (from small carton)
2 pkg. instant lemon pudding
3 c. milk

Mix first 3 ingredients together and press into a 9x13" greased pan. Bake at 350 degrees for 15 minutes. Cool. Cream the 1 pkg. cream cheese, add powdered sugar. Stir in the Cool Whip. Spread over the

Continued...............

LEMON DESSERT (Continued)

cooled crust. Mix pudding mix and milk for 2 - 3 minutes. Spread over top of cream cheese mixture. Spread on top the remainder of the Cool Whip, sprinkle with nuts and refrigerate until served.

COBBLER

Caroline Szydtowski

2 c. self-rising flour
2 c. sugar
1 1/2 c. milk
Canned fruit

Mix well the first 3 ingredients and put in a 9x13" pan. Pour fruit and juice over the top. Use canned peaches, cherries, berries or other fruit. May need to lightly thicken somethings. Bake at 350 degrees for 30 - 40 minutes.

UPSIDE DOWN BERRY COBBLER

Opal Krueger

1 c. butter or margarine
1 c. flour
1 c. sugar
2 tsp. baking powder
1/8 tsp. salt
1/2 c. milk
1 - #2 can berries or 1 qt. home canned (drained)

Cream butter until smooth. Gradually add 1/2 c. sugar, creaming until light and fluffy. Add dry ingredients with milk. Beat until smooth. Pour batter into a greased casserole. Put drained berries over batter and sprinkle with remaining 1/2 c. sugar. Pour 1 c. berry juice over all. Bake at 375 degrees for 45 minutes. The crust will rise to the top as it bakes. Serve with ice cream or whipped cream.

CHERRY COBBLER

Mrs. Elmer Moore

1 can cherry pie filling (1 lb. 5 oz.)
1 c. flour
1 1/2 tsp. baking powder
3 Tbsp. shortening
2 Tbsp. toasted slivered blanched almonds
1 tsp. almond extract
1 Tbsp. sugar
1/2 tsp. salt
1/2 c. milk

Heat oven to 400 degrees. Combine pie filling and extract in ungreased 1 1/2 qt. casserole. Place in oven 10 - 15 minutes, or until hot and bubbly. Measure flour, sugar, baking powder and salt into bowl. Add

Continued. . . . .

CHERRY COBBLER (Continued)

shortening and milk. Cut through shortening and milk 6 times. Stir in almonds, mix until dough forms a ball. Drop dough by teaspoonfuls onto hot pie filling. Bake 25 - 30 minutes, or until biscuit topping is golden brown. Serve warm.

PEACH COBBLER

Norabelle Pede

1 stick margarine	2 tsp. baking powder
1 c. flour	3/4 c. milk
1 c. sugar	Large can peaches with juice

Melt margarine in a 9x13" pan. In bowl, mix together flour, sugar, baking powder and can of peaches with juice. Pour over melted margarine and bake at 350 degrees for 45 minutes. Serve with cream over the top.

INSTANT PUDDING DESSERT

Marian Metzker

1 1/3 c. flour	9 oz. Cool Whip
1/2 c. softened butter	2 1/2 c. milk
1/2 c. chopped nuts	2 pkg. instant pudding mix (any flavor)
8 oz. cream cheese	
1 c. powdered sugar	

Mix flour, butter and nuts. Press into a 9x13" pan. Bake at 350 degrees for 10 - 12 minutes. Cool. Beat cream cheese and sugar until light and fluffy. Add Cool Whip. Spread over baked crust. Mix milk and pudding mix until thick. Cover top of cream cheese filling with pudding. Nuts or coconut can be sprinkled on top.

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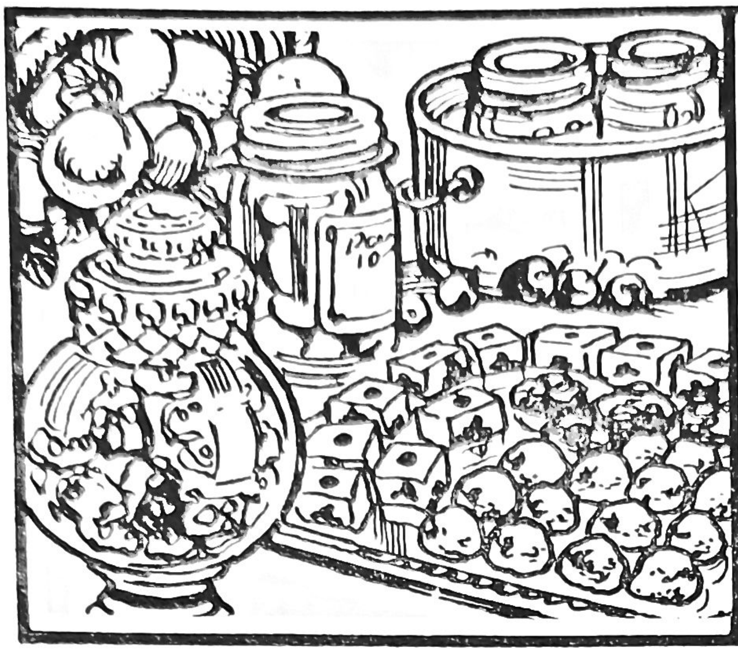

Candy, Jelly and Preserves

FUDGE

Enid Boland

1 1/2 c. sugar
1 can Pet milk
1/2 lb. margarine
1 jar marshmallow cream
1 - 12 oz. chocolate chips
1 large Hershey bar (broken up)
2 tsp. vanilla
Nuts as desired

Bring to a boil sugar, milk, and margarine. Turn heat to medium and boil 5 minutes, stirring constantly. Add marshmallow cream, chocolate chips and Hershey bar. Beat until mixed and dissolved. Add vanilla and nuts. Pour into a pan and cool. Makes about 4 1/2 pounds.

HARD CANDY

Mary A. Painter

1/2 c. water
1/2 c. Karo syrup (white)
2 c. sugar
1/2 tsp. flavoirng (essential)
Food coloring
Powdered sugar

Boil water, Karo, sugar, mixture to 300 degrees. Remove from heat, add flavoring and coloring. Mix well. Pour on a marble slab covered with powdered sugar. Cut as soon as it can be handled.

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Patti La Pine

CARAMEL CORN

1/2 c. butter
1 c. brown sugar
1/4 c. corn syrup
1/2 tsp. salt
1/4 tsp. baking soda
1/2 tsp. vanilla
15 c. popped popcorn

Bring to boil butter, brown sugar, corn syrup and salt. Boil for 5 minutes. Remove from heat. Stir in soda and vanilla. Pour over popcorn. Bake in 200 degree oven for 1 hour, stirring every 15 minutes.

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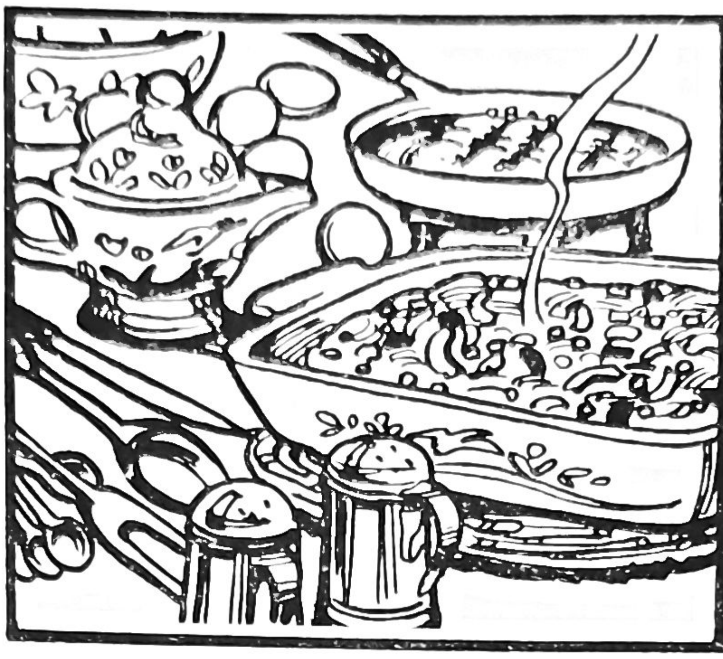

Casseroles and Miscellaneous

TATER TOT HOT DISH

Patti La Pine

1 lb. ground beef
1 can peas, drained
1 can cream of mushroom soup
Tater tots

In a casserole dish, press ground beef in bottom, then put peas on top. Spread soup over peas, then layer tater tots on top. Bake about 40 - 50 minutes on 350 degrees.

EASY RICE PILAF

Patti La Pine

1 cube butter
1 medium onion (chopped)
1 lb. or 2 cans sliced mushrooms
3 c. instant rice
3 cans beef consomme soup

Saute onion in butter, then add sliced mushrooms. Cook till 1/2 done. Add rice then soup; mix. Simmer 15 minutes. Stir and serve.

CHINESE FRIED RICE

Mary A. Painter

2 beaten eggs
3 Tbsp. cooking oil
1/2 c. finely diced ham or raw pork
1/4 c. finely chopped fresh mushrooms
3 Tbsp. thinly sliced green onions
4 c. cooked rice (I use brown rice)
Soy sauce

Continued.................

CHINESE FRIED RICE (Continued)

In a 10" skillet or wok, cook beaten eggs in 1 Tbsp. oil, without stirring, till set. Invert skillet over a baking sheet o remove cooked eggs; cut into short, narrow strips. In same skillet or wok, cook ham or pork, mushrooms, 3 Tbsp. soy sauce, and green onions in remaining oil, about 9 minutes or till mushrooms and onions are tender. Stir cooked rice and egg strips; heat through. Serve with additional soy sauce. Garnish with fried egg strips and sliced mushrooms. Makes 4 - 6 servings.

CABBAGE ROLLS

Juanita Larson

1 lb. hamburger
1/2 c. chopped onion
1 c. chopped celery
1/2 c. chopped bell pepper
1 qt. sauerkraut
1 qt. chopped cabbage
1 tsp. allspice
2 loaves frozen bread dough

Brown first 4 ingredients together; drain well. Cool completely. Press sauerkraut thru sieve. Add cabbage and kraut to meat mixture and cook till cabbage is tender. Sprinkle with 1 tsp. allspice and cool again.

Thaw 2 loaves of bread dough till soft. Slice into about 12 pieces. Roll each piece into rounds about 1" thick. Place 2 heaping teaspoonfuls of meat mixture in each round. Fold edges together. Let rise till double in bulk. Bake at 350 degrees for about 20 - 25 minutes.

CAULIFLOWER CASSEROLE

Leslie Dickerson

1 medium head cauliflower
Salt & pepper to taste
1 c. sour cream
1 c. shredded medium cheddar cheese
Toasted sesame seeds

Rinse cauliflower, break into flowerettes. Cook in small amount of water till crispy tender; drain. Place 1/2 of cauliflower in 1 qt. buttered baking dish. Season with salt and pepper. Spread with 1/2 c. dairy sour cream and 1/2 c. of grated cheese. Top with sesame seeds and repeat layers. Bake in preheated oven till cheese melts and sour cream is heated through.

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BROCCOLI CASSEROLE

Leslie Dickerson

1 - 10 oz. pkg. frozen broccoli
1 1/4 c. milk
3 eggs, slightly beaten
1/2 tsp. salt
1/2 tsp. nutmeg
1/2 c. grated cheese

Preheat oven to 350 degrees. Cook broccoli in small amount of boiling water for 3 minutes. Pour milk into small saucepan, bring to a boil and cool to lukewarm. Mix eggs with salt and nutmeg. Add milk and cheese beating constantly. Pour into greased baking dish; add broccoli. Bake 30 - 40 minutes. Must be served hot.

BROCCOLI CASSEROLE

Norabelle Pede

1 - 10 oz. pkg. chopped broccoli
1/2 c. Cheez Whiz
2 Tbsp. butter or margarine
1/2 c. milk
1 small onion, chopped
1 can cream of chicken soup
1 c. minute rice

Cook chopped broccoli according to directions of package. Add all the other ingredients. Bake in covered casserole in a 350 degree oven for 45 minutes.

ZUCCHINI CASSEROLE

Mrs. Verda Armstrong

4 c. sliced zucchini
2 c. sliced onions
1 c. grated carrots
1 c. sour cream
1 c. cream chicken soup
1 pkg. chicken Stove Top stuffing

Prepare stuffing mix; set aside. Cook zucchini, onions and carrots for 5 minutes and drain. Put 1/2 stuffing in casserole dish. Add drained vegetables. Mix sour cream and soup then pour over vegetables. Add rest of stuffing. Bake at 350 degrees for 35 minutes or until bubbly.

MUSHROOM FETTUCINE

Leslie A. Dickerson

1 - 10 1/2 oz. can mushroom soup
3/4 c. milk
1/2 c. grated Parmesan cheese
3 c. hot cooked fettucine noodles
4 Tbsp. butter or margarine

Stir soup in large saucepan until smooth; blend in milk and cheese. Heat, stirring occasionally. Just before serving, toss noodles with butter; combine with soup mixture and serve with extra cheese.

SPAGHETTI PIE

Mary Cameron

6 oz. spaghetti pie
2 Tbsp. margarine
1/3 c. Parmesan cheese
2 well beaten eggs
1 c. cottage cheese
1 lb. ground beef
1/2 c. chopped onion
1/4 c. chopped green pepper
1 - 8 oz. can tomatoes (1 c.)
1 - 6 oz. can tomato paste
1 tsp. sugar
1/2 tsp. crushed oregano
1/2 tsp. garlic salt
1/2 c. shredded Mozzarella

Cook spaghetti, drain. Stir margarine into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a "crust" in a buttered 10" pie plate. Spread cottage cheese over bottom of spaghetti crust. in skillet, cook ground beef, onion and green pepper till vegetables are tender and meat is browned. Drain off fat. Stir in undrained tomatoes, paste, sugar, oregano, and garlic salt; heat through. Turn meat mixture into crust. Bake, uncovered at 350 degrees for 20 minutes. Sprinkle with Mozzarella. Bake 5 more minutes.

RICE HOT DISH

Mrs. Elmer Moore

1 lb. hamburger (browned)
2 small green peppers (chopped)
1 medium onion (chopped)
1 c. grated raw carrot
1/2 lb. cheese
1 1/2 tsp. salt
1 c. raw rice
1 qt. milk
1 can cream of mushroom soup

Mix hamburger, green pepper, onion, carrot, cheese, salt, rice, and milk together and pour into casserole dish. Bake 2 hours at 275 degrees. Twenty minutes before dish is done, mix soup with 1/2 can of water and pour over rice dish.

HASH BROWN CHEESE CASSEROLE

Caroline Szydtowski

2 - 12 oz. pkg. frozen hash browns
2 c. sour cream
1 can cream of chicken or celery soup
1 cube melted butter
1 tsp. salt
1 Tbsp. minced onion
2 c. sharp cheddar cheese (grated)
2 c. crushed corn flakes
1/4 c. melted butter

Place frozen hash browns in colander and thaw.In large bowl, mix sour cream, soup and butter; add salt, onions and cheese; mix well. Add hash browns and mix well. Pour into a 2 qt. casserole dish or 9x13" pan.

Continued. . . . .

HASH BROWN CHEESE CASSEROLE (Continued)

Mix corn flakes and 1/4 c. butter by hand. Spread over top of potato mixture. Bake, uncovered in preheated oven at 350 degrees for 40 - 50 minutes until bubbly and browning on top. Do not mix more than 2 hours before baking.

TURKEY CASSEROLE

Mary Cameron

2 c. turkey
1 can mushroom soup
1 c. milk
1/2 tsp. salt
3 Tbsp. butter
1 can pimento
2 c. dry shell macaroni
2 medium onions, chopped
1/4 tsp. pepper
1 c. sharp cheese, grated
1 can mushrooms

Combine ingredients. Top with cheese. Bake in 9x13" pan for 1 hour at 325 - 350 degrees. You can make the night before. Use 2 c. milk, 2 cans of mushroom soup, dry macaroni.

BEEF AND BEAN CASSEROLE

Jason McLaughlin

1 lb. ground beef
1 chopped onion
1 (15 1/2 oz.) can Hunt's red kidney beans (undrained)
1 (14 1/2 oz.) can Hunt's whole tomatoes (or sauce)
1/2 c. raw rice
1 tsp. chili powder
1/2 tsp. garlic powder
2/3 c. shredded American cheese

Brown beef in skillet, add onion. Cook until onion is tender. Drain off fat. Add remaining ingredients, except cheese. Pour into a greased 2 qt. caserole, cover and bake at 350 degrees for 30 - 35 minutes. Uncover, sprinkle with cheese and bake 10 minutes longer. Makes 4 - 6 servings.

LASAGNA

Mrs. Elmer Moore

1 lb. ground beef
2 Tbsp. salad oil
1/2 tsp. garlic salt
1/4 c. minced onion
3 cans (8 oz.) tomato sauce
1 1/2 tsp. salt
1/2 tsp. pepper
1 1/2 tsp. oregano flakes
1/2 lb. Mozzarella cheese
1/2 c. grated Parmesan cheese
1 - 8 oz. pkg. lasagna noodles

Continued. . . . .

LASAGNA (Continued)

Cook noodles according to package directions and drain. Cook meat, garlic salt and onion in salad oil until meat is done. Mix 1/4 c. tomato sauce with a little flour and add to meat with the remaining tomato sauce. Add salt, pepper and oregano. Simmer 10 - 15 minutes, or until slightly thick. Place alternate layer of noodles, cheese and tomato mixture in 3 qt. casserole dish. End with cheese on top. Bake at 350 degrees for 20 - 25 minutes.

ENCHILLADAS

Mary Cameron

1 doz. tortillas
Finely chopped onion
Grated cheese
2 cans chopped olives
1 lb. ground beef
2 cans chili con carne
1 pkg. enchillada sauce (3 1/2 c.)

Run tortillas through hot oil. Dip tortillas in sauce. In each shell, put some of each ingredient and roll. Put in 9x13" pan, seam down. Cover with grated cheese and sauce. Bake at 350 degrees for 25 minutes.

PIZZA

Mrs. Elmer Moore

1 c. Bisquick
1/2 c. water
1/2 c. Parmesan cheese
1 can tomato sauce (8 oz.)
1 c. shredded cheddar cheese
1 c. Mozzarella cheese
1 tsp. pizza seasoning
1/4 tsp. onion salt

Mix Bisquick and water. Knead 1 minute on board with flour. Press into a 9x13" pan. Pinch edges to make small side. Start with Parmesan cheese sprinkled on crust. Add tomato sauce, then finely grated cheddar and Mozzarella cheeses. Add pizza seasoning and onion salt. Bake 15 - 20 minutes.

Write An Extra Recipe Here:

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325
PIES		
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300
COOKIES		
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350
CAKES		
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325
MEAT AND POULTRY		
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375
MISCELLANEOUS		
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
Beef — rare — 10-16 . . . . medium — 17-22 . . . . well done — 23-30
Veal, pork, lamb — well done — 30 . . . . Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat: Time in Minutes:
Beef steaks — 1-inch thick . . . . Rare or medium, 8-10
1 1/2-inch . . . . Rare or medium, 10-15
2-inch. . . . . Rare or medium, 18-25
Pork chops, thin — 8-10 . . . . Lamb chops, rib — 6-8 . . . . Loin or shoulder — 8-10
Mutton chops 1-inch thick — 15-20 . . . . Veal cutlets, very thin — 6-8 . . . . Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture or corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel.	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls.	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup.	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup.	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine).	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup.	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

White Sauce	Liquid	Thickening Material	Fat	Seasoning (salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

Vegetable	Boiled	Minutes Steamed	Baked
Asparagus, tied in bundles	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age	20-40	60	
Beans, string	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips	60	75	75
Peas, green	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Pumpkin, in cubes	30	45	60
Potatoes, sweet	40	40	45-60
Salsify	25	45	
Spinach	20	30	
Squash in cubes	20-40	50	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118,4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft^3)	cubic meters (m^3)	0.03
cubic yards (yd^3)	cubic meters (m^3)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m^3)	cubic feet (ft^3)	35
cubic meters (m^3)	cubic yards (yd^3)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F.	4 to 4½
10 to 12	325 degrees F.	4½ to 5
12 to 14	325 degrees F.	5 to 5¼
14 to 16	325 degrees F.	5¼ to 6
16 to 18	325 degrees F	6 to 6½
18 to 20	325 degrees F	6½ to 7½
20 to 24	325 degrees F	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)		
3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5
(Foil Wrapped Turkeys)		
8 to 10	450 degrees F	2¼ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3¼
16 to 20	450 degrees F	3¼ to 3½
20 to 24	450 degrees F	3½ to 3¾

INGREDIENT SUBSTITUTIONS

1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
1 cup raw rice equals 3 cups of cooked rice, approximately.
1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
2 cups ground meat (tightly packed) equals 1 pound.
3 cups ground meat (loosely packed) equals 1 pound.
2½ cups raisins equals 1 pound.
3 cups coarsely chopped nuts equals 1 pound.
1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
½ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
2 cups equal 1 can (tall)
2½ cups equals No. 2 can
3½ cups equals No. 2½ can
1 lemon (medium) equals 3 tablespoons juice
1 orange (medium) equals ½ cup juice
2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T	1 c. (4 T.-¼ c.; 8 T. - ½ c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints.	1 qt.
qt.	quart	4 qt	1 gal.
lb	pound		

MEASURE OF FRUITS AND NUTS

1 pound dates measure about 2 cups
1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
1 pound dried apples measure about 5 cups
1 pound cut-up candied fruit peel measures about 3 cups
1 pound shelled almonds or Brazil nuts measure about 3 cups
1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans	Same as above	6 lbs.	12 lbs.
Dried	3 lbs.		
Beans, string	5-6 lbs.	10-12 lbs.	20-24 lbs.
fresh			
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn	6-3 oz. cans	2 #10 cans	4 #10 cans
canned	1 #10 can		
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING	SLOW COOKER
15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F
*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimentoes, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

1. Warm pancake-waffle syrup
2. Clarify sugared honey.
3. Heat pie and hot ice cream ala mode.
4. Dry herbs - mint, parsley, onion, pepper, sage, etc.
5. Peel tomato or peaches - split skin.
6. Warm citrus fruits for more juice.
7. Melt chocolate, cream cheese, butter.
8. Make jelly, jam, preserves, etc.
9. Heat baby bottle.
10. Reheats leftovers without warmed over flavor.
11. Freshens bread.
12. Baked foods need less leavening.
13. Dries flowers.
14. Dry decoupage - painting.
15. Dry girdle or panty hose.
16. Easy for a child to learn and use.
17. Helps handicapped or elderly.

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.